

# COSMOPOLITAN

FEBRUARY 2016

BONUS COLOURING  
PAGES INSIDE

## FRESH START

TAKE YOUR  
BUSINESS IDEA  
FROM FIRST  
PITCH TO FIRST  
PAYDAY

“My mum  
loves my  
sister more  
than me”

30  
best  
beauty  
buys  
under \$20

MARRY ME?  
IS IT YOUR BOYFRIEND  
PROPOSING INSIDE?

# Taylor!

Everything she touches turns to cool

SEX: WANT THOSE  
BUTTERFLIES BACK?

This works.

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#012 Soul Session

#033 Happily Evie After

#051 Shallow Bay

#052 Blue Babe



# RIMMEL

GET THE LONDON LOOK



#022 Angel Wing

#025 Urban Purple

# #GEL POWER

## NEW **SUPER GEL**

2 simple steps

Up to **14 days of gel colour**

**No UV lamp, no mess!**







# COSMOPOLITAN

# FEB

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My ultimate  
fangirl  
sandwich.



# 2015, YOU WERE FUN...



► I'VE GOT A PRETTY RUBBISH MEMORY, BUT EVEN IF I COULD REMEMBER EVERY DETAIL OF

2015, I'm positive last year's *Cosmo* FFF Women of the Year awards would still rate as the highlight of my working year, possibly my career. It was magical, it was goose-bumpy and I wish we could do again tomorrow. What makes these awards so incredibly special each year is that it's one of the few events that celebrates the achievements of women across such a broad spectrum. It's not just focused on celebrities; it's a super-charged room of girl power where former prime ministers, singers, entrepreneurs, social media influencers, charity workers, actresses and presenters are locked in conversations, each one gushing over the other. At one point during the event we lost complete control of the room and couldn't get people seated because everyone was busily taking selfies and

exchanging details. It was brilliant. On paper, my table looked intimidating. I was surrounded by Julia Gillard, Delta Goodrem, Melbourne Cup winner Michelle Payne, Lisa Wilkinson, Shelley Barrett of ModelCo and CEO Melanie Perkins (who, at 28, owns two multi-million-dollar software design companies) – brilliance was slapping me in the face everywhere I looked, but it was far from intimidating, it was relaxed and easy and so inspiring because every woman in the room regardless of their status, salary or number of followers was there to support each other and celebrate the wins.

Here's to 2016 bringing even more success.

*Bronwyn* xx

Bronwyn McCahon, EDITOR  
@bronwynmccahon



from the editor



# WHAT JULIA SAID...

## AND WE ALL WANTED TO HIGH-FIVE HER

"I want to say to you today that I am incredibly optimistic about – and indeed inspired by – the younger generation of women.

Today's *Cosmo* reader is a woman who grew up knowing she was equal to men. A woman who expects, in fact demands, to have options and choices in her life.

She wants to be able to make decisions about her own fertility, to choose who she loves, to be able to work and succeed as well as nurture and care for others. She is a globally connected citizen who often can't wait for a quiet night at home.

It's your generation that is going to break down the final set of barriers for women in our society. It is your generation that will ensure we finally see equal pay and that there is better support for combining work and family life. It will be your generation that refuses to let your women leaders be stereotyped as bossy or bitchy.

It will be members of your generation who rise to the top of politics, business, the judiciary and civil society.

Let me assure you my aim is not to be the only female Prime Minister. Rather I want to be the first of many. I want it to be so routine for a woman to lead this country that no one reports on what she is wearing anymore.

I am confident we are going to get to that place of genuine equality. But it won't happen by accident. It will only happen if we think carefully, campaign cleverly and come together to raise our voices for change."

## SEEN & HEARD...

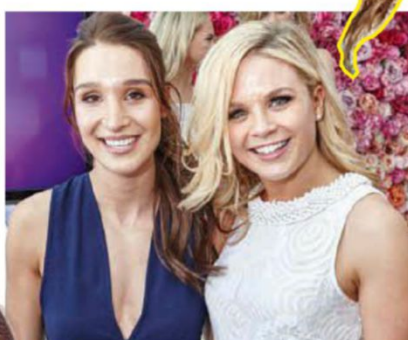


"I've never felt brave in the moments where I've had to be fearless, I've always just focused on doing things to the best of my ability, and trying not to let my head get in the way. Being brave isn't what makes us special – we are all brave – it's the path we lay out for others that makes us special." – MIRANDA TAPSELL, ACTRESS



"About six months ago I copped a bit of a spray on social media. Next day, my phone started ringing and it was Delta who, having met me just once, spent 40 minutes on the phone to me, reassuring me, encouraging me. It made my life so much more pleasurable. Not only does she talk the talk; she walks the walk."

– ERIN MOLAN, SPORTS PRESENTER



"Someone today asked me what I want for women in 2016. And what I want for women is for them to focus on how they feel. I want every woman to wake up feeling good about themselves, feeling beautiful, empowered and feeling unstoppable."

– KAYLA ITSINES, SOCIAL MEDIA STAR



### MMMORE!

Scan the page to watch what went down on the day.



Cocktail of  
the month

TEQUILA

## COSMOPOLITAN

This twist on a classic  
(from Mary Giuliani's book,  
*The Cocktail Party*) is reason  
enough to celebrate.

40g tequila  
30g white cranberry juice  
15g fresh lime juice  
15g Cointreau

Shake with ice, and  
serve straight up.

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DESIGNER Danielle Hurps

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EDITORIAL COORDINATOR Natasha Harding  
(02 9282 8039)

#### COSMOPOLITAN.COM.AU

DIGITAL MANAGING EDITOR Emily Kerr

ASSOCIATE PRODUCER Lorna Gray  
BEAUTY & LIFESTYLE WRITER Amelia Bowe  
FASHION EDITOR Nikki Kinstlinger  
DIGITAL CONTENT MANAGER  
Bianca Mastroianni

#### HEAD OF COMMERCIAL CATEGORIES

Mark Driscoll (02) 9282 8904  
COMMERCIAL CATEGORY MANAGER  
Jessica Lay (02) 8267 9512  
NSW HEAD OF DIRECT SALES  
Lisa Wells (02) 9282 8111  
SALES DIRECTOR Victoria Andrea Salmon  
(03) 9823 6341

HEAD OF SALES & SOLUTIONS  
Nikkola Hogan (07) 3101 6636  
GROUP SALES/STRATEGY MANAGER  
SOUTH AUSTRALIA

Nabula El Mourid (08) 8267 5032  
HEAD OF CREATIVE  
Allan Fletcher (02) 8268 4494  
PRODUCTION CONTROLLER  
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ADVERTISING PRODUCTION CONTROLLER  
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#### CONTRIBUTORS

Jennifer Kang, Rebecca Sloan

#### INTERNS

Laura Herd, Angeliqué De Catheu,  
Tahlia Sarv, Melanie Burton, Claudia  
Merrill, Rochelle Smith, Brittany Freestone,  
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CIRCULATION INSIGHTS MANAGER  
Jarna McLean  
GROUP SUBSCRIPTIONS MARKETING  
MANAGER Kit Wilson  
SUBSCRIPTIONS MARKETING COORDINATOR

Ellie Xuereb  
RESEARCH DIRECTOR  
Justin Stone (02) 9282 8283  
SYNDICATION DEPARTMENT  
(COMMERCIAL ENQUIRIES ONLY):  
syndication@bauer-media.com.au

#### HEARST MAGAZINES INTERNATIONAL

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# WHAT'S HAPPENING, FEBRUARY?

*Cosmo's run-down of all the cool things you need to do, see, hear and talk about this month*

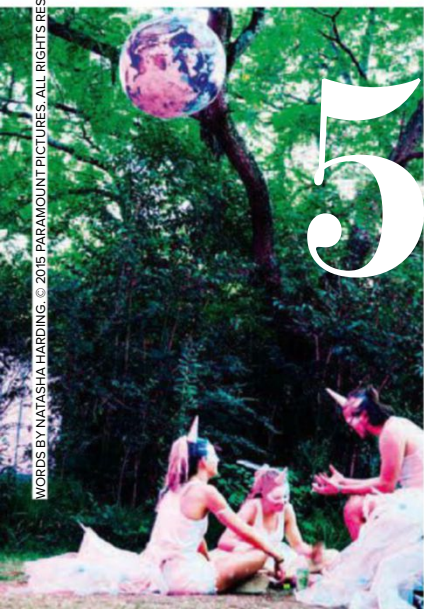
# 1

## 1. THE <33

Feel the love this V-Day by reserving a table for two at your fave restaurant on the 14th, or get your single ladies together for a nice dinner to celebrate Singles Awareness Day. Either way, you're going out for the night.

## 2. THE CULTURE

Adelaide's month-long Fringe Festival kickstarts on Feb 12 with their biggest program yet, oozing sweet Carnivale-meets-Mardi Gras feels. For ticket information, head to [adelaidefringe.com.au](http://adelaidefringe.com.au).



# 5



# 6

## 3. THE NIGHT

Hit the streets of central Melbs at 7pm on Feb 20 for 12 hours of non-stop light shows, art, music, theatre, fashion, food, film and performances as part of White Night Melbourne. Don't forget to hashtag #WHITENIGHTMELB on Instagram. For info, go to [whitenightmelbourne.com.au](http://whitenightmelbourne.com.au). Light it up!

## 4. THE MOVIE

Practise your Blue Steel this month because, after 14 long years, Derek Zoolander and Hansel are finally back in our lives with the launch of *Zoolander 2* on February 11.

## 5. THE FESTIVAL

The Secret Garden Festival, from February 26-28, is the ultimate garden party, with heaps of music, activities, entertainment and dress-up opportunities. Plus, you get to squeeze in a road trip with your crew, need we say more? For deets and ticket info, visit [secretgardenfestival.com.au](http://secretgardenfestival.com.au).

## 6. THE BDAY

Put One Direction on repeat on February 1 to celebrate Harry Styles' 22nd birthday. Any excuse will do, right? (No, we're not fangirling...)



# 7

## 7. THE SHOW

Save the date: Everyone's faves Hannah, Marnie, Jessa and Shoshanna are back in *Girls* season five, on Showcase at 7.30pm, February 23.



# 8

## 8. THE WORKOUT

Take your exercise regime to the next level by taking part in ILLUMI RUN. With electrifying music zones, neon paint and a non-competitive mantra, this "party on the run" puts the gym to shame. The event kicks off in Melbs on Feb 27 before visiting Syd and Brisby later in the year. Hit up [illumirun.com.au](http://illumirun.com.au) for more.

## 9. THE COLLAB

Attention beauty buffs: fashion designer Zac Posen has joined forces with MAC to produce an incredible makeup collab, available in store and online from Feb 25. Go to [maccosmetics.com.au](http://maccosmetics.com.au) for info.



# 9



↓  
YOU REVEAL  
YOUR BIGGEST  
WHAT-WAS-I-  
THINKING?  
MOMENTS

# confessi



2

**"WHEN I WAS LITTLE I'D CAST SPELLS ON PEOPLE I DIDN'T LIKE. I'D WAVE MY HANDS AROUND, AND IF ANYTHING BAD HAPPENED TO THEM, I WOULD ATTRIBUTE IT TO MY MAGIC POWERS."**

– Dakota, 23

**GUY CONFESSION**

**"I GOT ON A TRAIN TO GO TO THE AIRPORT. I FELL ASLEEP AND WOKE UP MORE THAN AN HOUR AND A HALF AWAY – NOWHERE NEAR MY STOP. I MISSED MY FLIGHT, AND HAD TO STAY OVERNIGHT AT THE AIRPORT."** – Ryley, 20

5

**"I'M A DOCTOR, BUT THE MINUTE I GET SICK, I STILL CALL MY MUM."**

– Heather, 21

3

**CELEB CONFESSION**



**"I WAS IN MY TRAILER ON THE SET OF *EMPIRE*, and all the trailers are pretty identical. I had just wrapped for the day, so I took off my costume and stripped down to my undies. Right when my dress was literally around my ankles, Jussie Smollett, my castmate, in the middle of a conversation with someone else, swung the door open thinking it was his trailer. I don't normally scream, but I squealed like a pig! He immediately shut the door, and we were both laughing as he was profusely apologising outside. I was mortified."** – Grace Gealey, *Empire*

**"People mistake me for Emma Roberts pretty often. I was on a date once when a waiter came up to me and told me I was in *We're the Millers*. The family sitting at the next table was staring at me. Awkward!"** – Emily, 20

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# ons



6

"I'm an interior designer, and I can't tell with the naked eye if something is straight. Clients will ask me, and I will put on the best act and later run around with rulers trying to figure it out."

— Sasha, 23

"I WANTED TO SLEEP WITH MY BOYFRIEND BUT I WAS ON MY PERIOD. AS WE WERE WALKING HOME FROM A BAR, I RAN AHEAD, PRETENDING I WAS JUST BEING SILLY. REALLY, I WAS DUCKING BEHIND A BUSH TO PULL OUT A TAMPON SO I'D BE READY TO GO."

— Paige, 24

## GUY CONFESSION

"I still check behind the shower curtain every time I use the bathroom to make sure no one's hiding in there. You'd think I'd have grown out of that by now... but I haven't."— Kyle, 24

8

# Worst dates ever!

Enjoy these readers' doozies, and be glad it wasn't you

"He took me back to his frat house, where we hooked up in the shower. When I walked out, all the guys were lined up to cheer my date for bringing a girl home. Ew!"

FRANKIE, 24

"I went on a date with this girl to the movies and while she was in the bathroom, she got into a full-on fight with an older woman. Really?"

KELLIS, 34

"We made a movie date, and on our way there, we stopped at a service station so he could sell some drugs to pay for the date. I never called him again."

EVA, 27

"He spent the night and when I woke up, he was next to me — swiping on Tinder!"

JULIE, 24

"On the drive to the restaurant, as he was holding my hand, he decided to call his ex-girlfriend and proceeded to have a flirty conversation with her the entire drive there. After he got off the phone, he began to gush about how 'awesome' she was. Ugh!"

JESSICA, 23

"He invited me over to his house to watch a football game, and when I looked over at his computer, I saw that porn was set as the wallpaper. I said something about it, and he told me he'd thought about changing it because I was coming over but decided against it."

BRENNAN, 24

## DOUCHE-O-METER





WAVE

1

DARKNESS

WAVE

2

DESTRUCTION

WAVE

3

INFECTION

WAVE

4

INVASION

# THE 5<sup>TH</sup> WAVE

WE FIGHT BACK.

COLUMBIA PICTURES PRESENTS IN ASSOCIATION WITH LSTAR CAPITAL A MATERIAL/GK FILMS PRODUCTION "THE 5TH WAVE" CHLOE GRACE MORETZ  
NICK ROBINSON RON LIVINGSTON MAGGIE SIFF ALEX ROE MARIA BELLO MAIKA MONROE AND LIEV SCHREIBER \*\*\*HENRY JACKMAN \*\*\*SHAREN DAVIS  
DIRECTED BY ENRIQUE CHEDIAK, ASC PRODUCED BY DENIS O'SULLIVAN RICHARD MIDDLETON BEN WAITSBREN BASED ON THE NOVEL BY RICK YANCEY  
SCREENPLAY BY SUSANNAH GRANT AND AKIVA GOLDSMAN & JEFF PINKNER PRODUCED BY TOBEY MAGUIRE GRAHAM KING MATTHEW PLOUFFE LYNN HARRIS DIRECTED BY J. BLAKESON  
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Check the Classification

GK

PG-13

#5thWaveMovie

SONY

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IN CINEMAS  
JANUARY 14



# 5 HOT QUESTIONS

WHAT WE'VE BEEN WONDERING THIS MONTH



## 1. WHAT MAKES THE PERFECT KISS?

They say a couple's fate is sealed from their very first kiss. So, not much room for error...

► Don't worry, we're not going all Dolly Doctor on you. We know you know how to kiss. But after the *Cosmo* office got into a conversation on first kisses, we realised that there's something to be said for the worst of them having influenced what we expect out of a good one. But what are the nitty gritty details that make the difference? Funny you ask...

### TO TOUCH THE FACE?

Way too intimate for a first kiss. No grasp; no discussion.

### TONGUE?

Sure, thanks for asking. Seriously though, put it no more than a third into their mouth and, for the love of God, don't just leave it there limp.

### OPEN SESAME?

Mouth: yes. Eyes: NO F\*CKING WAY. You both know what's going on. No need to look.



### LEAN IN?

...to the right. 80 per cent of people go for this side so make the move and stick with it. Have courage in your convictions...

### HOW LONG?

The first time, chill out and kiss no longer than three seconds. You can always go for seconds, you randy devil.



### IS A BAD FIRST KISS A TURN OFF?

"I'd give it one more try and if it didn't improve, move on." *Sarah, 32*

"It depends how hot they were." *Louise, 28*

"When a guy basically ate my face, it was." *Amanda, 20*

"I still would try again – I can train them." *Simon, 29*

"Yes, if nothing could be done to improve it." *Tara, 22* ➡➡



# 2

## WHAT WOULD HARVEY SPECTER DO?

LIFE ADVICE FROM THE SUITS SMART GUY

### ON MATTERS OF THE HEART

▶ “Ever loved someone so much, you would do anything for them? Yeah, well make that someone yourself and do whatever the hell you want.”

Harvey hasn't got time for dealing with disaster dates and loves lost and, now, neither do you.

### WHEN IT COMES TO A BIG DECISION

▶ “That's the difference between you and me, you wanna lose small, I wanna win big.”

▶ No matter the situation, this guy knows that sometimes you've got to risk it to get the biscuit.

### YOU KNOW SOMETHING YOU DON'T WANT TO

▶ “Lying to me doesn't protect me. It betrays me.”

▶ Say you saw your best friend's boyfriend loved up with another. Do you tell her? Heck yes you do. Harvey knows where his loyalties lie. Same goes for any other sticky situation you find yourself in.

### IN THE OFFICE

▶ “The only time success comes before work is in the dictionary – start ahead of the eight-ball and you'll always be in front.”

Sage advice, we say. If you've ever seen Harvs in action, you know he works hard for the money (so hard for it honey).

*NOTE: the Cosmo team are not as obsessed with Harvey Specter as it appears. Wait, no, we are. We really are.*

**SUITS SEASON 5B PREMIERES IN  
JANUARY ON UNIVERSAL CHANNEL**



# SHOULD YOU BUY A CHLOÉ DREW BAG?

**ANSWER: YES!\***

\*IF, AFTERWARDS, YOU STILL HAVE ENOUGH MONEY FOR FOOD, RENT AND BILLS.

**JUSTIFICATION:**  
COST PER WEAR IS \$3.30 PER DAY FOR ONE YEAR.



\$1193, Chloé  
(net-a-porter.com)

Olivia Palermo

Dree Hemingway

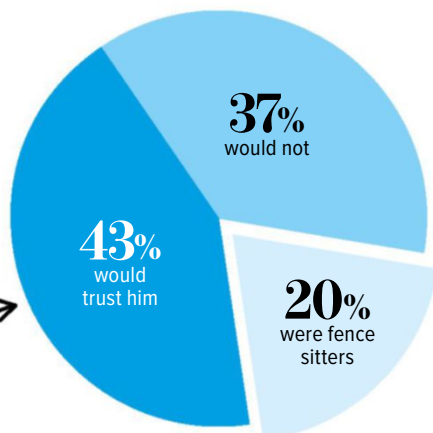
# 4 WOULD HE TAKE THE PILL?

MALE BIRTH CONTROL WILL SOON BE A REALITY, BUT WILL THE GUYS GET ON BOARD WITH IT?

► The male birth control pill should be on the market by 2018. But the new player is Vasalgel, which involves an injection to the scrotum (yikes). A polymer gel (meaning it's able to change its form) is injected into the vas deferens – the tubes that carry the sperm – to form a physical barrier that swimmers can't get through. Unlike a vasectomy, the point of this is to be 100 per cent reversible.

## WHAT ABOUT THE LADIES?

We asked women if they'd trust a guy who said he'd taken care of contraception.



► "I would believe them if they showed me proof, like a doctor's certificate. I'd still use a condom because of STIs." Isabelle, 21

► "No. It's too easy for them to say they'd had it." Jo, 26

► "If I knew him well, I'd trust him. But not a one-night stand." Jesse, 24

► "[Male contraception] sounds like a good idea, especially considering that with female contraception there are hormonal changes that affect moods." Malethe, 20

► "If he was getting the injection I would go with him. I'd need to see it to believe it." Melissa, 18

**A PILL IS ONE THING...**  
But would they get the jab down there?

**55%**

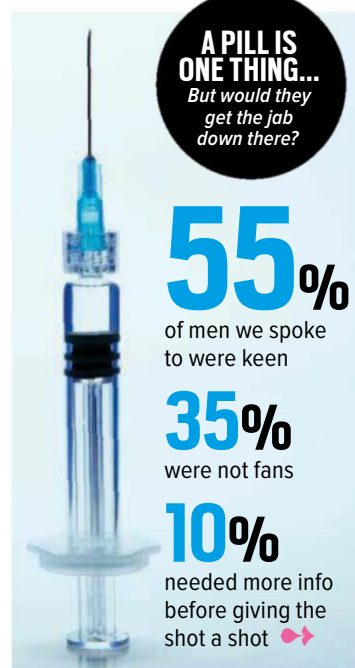
of men we spoke to were keen

**35%**

were not fans

**10%**

needed more info before giving the shot a shot ➡➡





# WHEN DID IT BECOME OK TO SINGLE SHAME?

The worst thing about solo life isn't the lack of the love-feels...

**HEY, AUNTY KATHY,** it's cool. And you too, Mum and Dad. You guys can't really be blamed for asking me if I'm dating someone when I'm home for Christmas. It's just what you do. But, hey, friend-of-a-friend at the bar who dropped a major shame bomb on me the other night. Not. Cool. We were chatting in a group when I revealed I was a Tinder-less single person. "What?!" she squealed. "How do you meet guys? You're just not dating?" Bartender, pour me another!

Usually, singles are left to defend themselves as they pass the potato bake at Christmas, but my bar encounter was more biting: I was single-shamed by a peer. "Even today, there's truth to the idea that women get validation by being in a relationship," says Rachel Hills,

author of *The Sex Myth*. "If you're single, it's seen as a problem to be fixed."

After that day, I began to notice it everywhere. My total exclusion from couples-only dinners. A married-with-kids friend implying that a second glass of vino was a wild night for her but for me every night was a drinkfest. Invitations to weddings arriving without "and Guest" next to my name. Because I'm single, I'm made to feel bad about it.

But why? "Single-shaming comes from the thinking that if you follow the prescribed path and get married, you'll be happier," says Bella DePaulo, author of *Singled Out*. "But if half the population is single, how can you say the only way

to be happy is to be married?" She has a point. In fact, a new study from the University of Auckland found that people in relationships may be more susceptible to hurt and conflict, which singles "often avoid".

Except when we're being shamed. Because here's what the shamers are really saying to us: *I'm judging you for being frivolous and for living your life outside what society expects*. We singles are not slackers with endless free time to devote to drinking and bar makeouts. We're not collecting tears in our Mansur Gavriel bucket bags. And it's not that we're not "trying hard enough". I've even heard of a boss who didn't hire an unmarried candidate 'cos she "didn't have a stable

foundation for a stressful job". These assumptions are unfair, and what's more, they're also total bullshit.

The trick is to deflect the haters. Steer the conversation to the awesome things you're doing, like your job or travels. Or say, like I do, that you won't date someone dull just so that you're not alone.

And when one of those shamers starts in with "I just want you to be happy..." then think about how happy you already are. I love my quirky friends, my fun job, my cosy apartment and my morning cycling class. And when I add a boyfriend to that list, he'll share space with the rest of my happy life. There's no shame in that. ■

She did *not* just tell me my soulmate is waiting on Tinder.



We've got a dark secret...

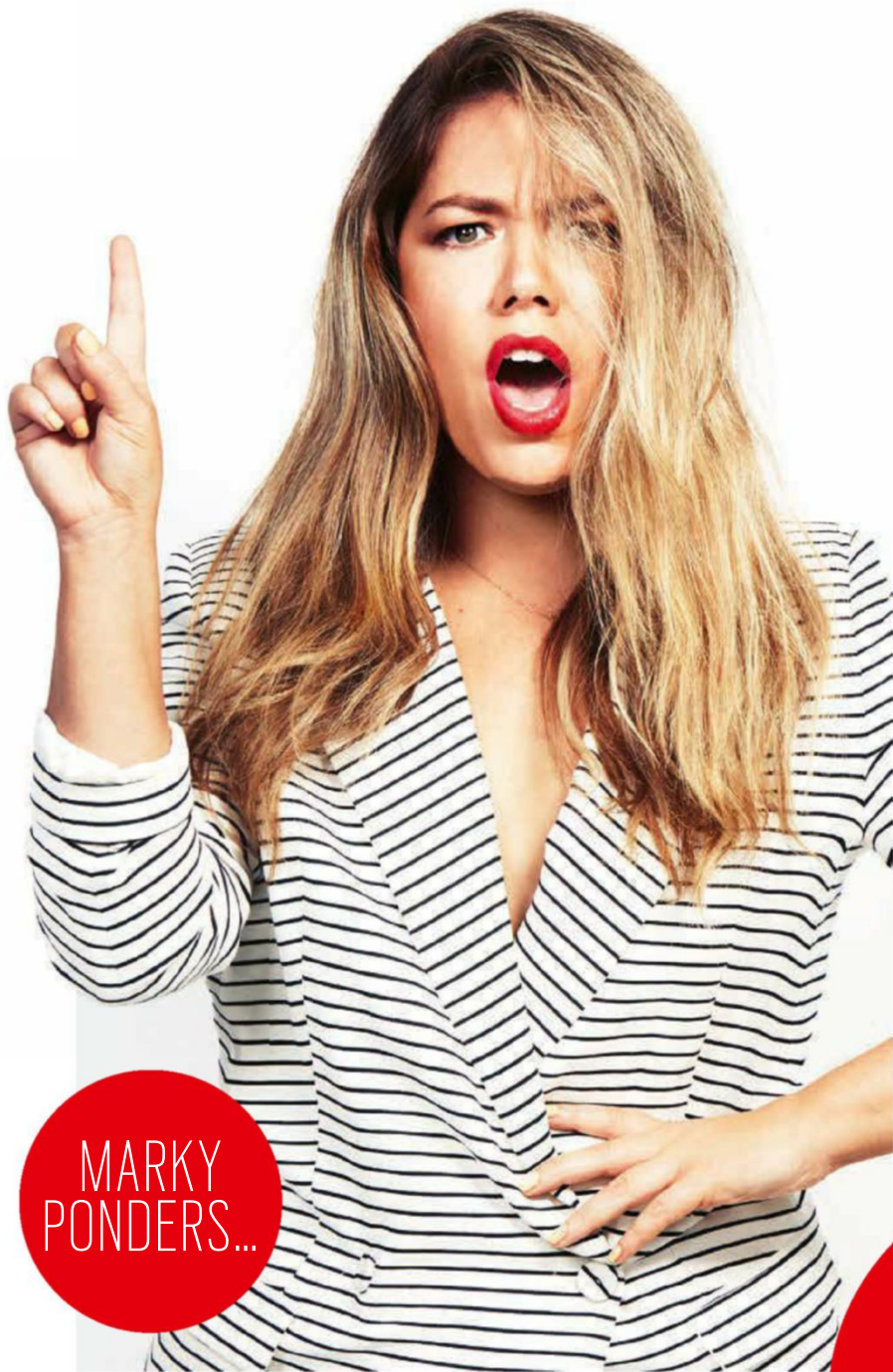


NEW gentle formula  
for brown to dark hair

Our dry shampoo with oat milk has a new gentle formula for **brown to dark hair**.  
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MARKY  
PONDERERS...

# WHAT'S ALL THIS FUSS ABOUT LUBE?

It's time to set the record straight on the slippery stuff, once and for all, says Emma Markezic

**T**here's been an awful lot of chat about lubricant lately. People for it, people against it, people who are like, "If you need lube then you're a disgrace" and other people who are like, "Dude, why isn't there a lube of the month club?" Personally, I think making fun of someone for using lubricant is like making fun of someone for using hairspray. There's nothing silly about wanting to make your hair or your orgasm a little bigger or better. You can form your own opinion, of course – but the only way to do that is to be informed. So let's get ourselves informed, shall we? (Also just FYI, I'll make a promise to you right now not to use the word moist anywhere in this entire column... Except for the part where I just used it. But other than that, ixnay on the oistmay.)

## Lube 101

Oh, the stuff they don't teach you in school! If it were up to me I'd remove calculus from the national syllabus and



insert sexual accoutrement studies instead. But then that's probably why the national syllabus isn't up to me. So let's start with the basics... At its most rudimentary, lube will come in two varieties – silicone-based and water-based. Or as I like to call them: the one that stains the sheets and the one that doesn't. There are other kinds, of course (coconut oil-laden being the latest and greatest) but nine times out of 10, water-based is what you want (unless you're in the shower, then it's silicone all the way). It's easy to wash off skin/sheets, doesn't mess things up with your natural lubrication and is BFFs with condoms – by which I mean it doesn't compromise latex the way silicone and oil-based ones can. And nobody wants their latex (or their morals) compromised. But mostly the first one.

### Why do I need it?

Your natural juices – sorry, can I call them juices? I just did so I hope that's OK – can evaporate for many reasons. Medication, birth control, anxiety, listening to too many Celine Dion songs, except probably not the last one. But finding your vagina a little drier than normal isn't the only reason you might want to bust out the slick. Although that's a pretty good reason. But lube has also been shown to actually prolong sex. I know what you're thinking – I walk like Drake in *Hotline Bling* the day after as it is, why would I prolong that chafe-fest?! Well, you know the soreness you feel after a particularly boisterous session of love making? That's caused by friction. And guess what helps with friction? That's right... it rhymes with tube. So even if you don't feel that things are particularly arid down there, you'll find the introduction of a lubricant just makes everything much, much smoother. Like, did-I-slip-into-another-dimension-of-effortlessness smooth. I think David Beckham lives there.

### What's it good for?

Lube is handy for all manner of fun and orgasm-related things. During

**“... MY POINT IS, LUBE ISN'T JUST FOR WHEN YOUR GENITALS ARE MASQUERADING AS A DRIED FIG. IT CAN AID IN OTHER WAYS”**

masturbation, for example. If you're using a vibrator or sex toy, it's almost mandatory. You'll also find everything is a lot quicker to the boil. Like putting a kettle on a stove instead of putting it out in the sun. Then there's handjobs. Yes, that's right – those delightful romps! If you've never tried one with added lube, get thee some KY and let the good times roll. It's honestly like cooking with oil when you've been dry frying your dinner for years. Oh, the slippery, satiny joy! Also, please don't ever even attempt to let your beau in the back door without it. This one is a bona fide MUST. Not even joking. Except for this: how much lube do you need during anal? A buttload.

All of this is just the tip of the iceberg. My point is, lube isn't just for when your genitals are masquerading as a dried fig. Using lubricant can aid in a myriad of other ways, and this lube shaming that's been doing the rounds is really not cool with me. We have enough stigma surrounding sexual equality, surely we can leave our sex accessories out of it. Besides, you can bet any of your ancestors born pre-twentieth century would happily take it off your hands if they could. Back in the 1600s, the Japanese were using mashed yams. Can you imagine how desperate you'd need to be to smother pulverised sweet potatoes on your bits? Lube is also great for getting rings off swollen fingers, to grease up new shoes that are giving you blisters and even to tame flyaway follicles. So let's just take a moment to appreciate lube. Don't be embarrassed to use it or even abuse it. This is the one time you want your vagina to be a wet blanket. ■

### 5 questions I have for...



## SKITTLES

1

**Is it true it takes eight hours to coat each and every piece of candy?**

2

**Sometimes I like to mix you in a bowl with a packet of M&Ms just to freak people out... how do you feel about that?**

3

**You were invented the same year as the food pyramid – coincidence?**

4

**Did you know you have more Facebook followers than Santa?**

5

**Have you ever thought, “Just once, I'd like to taste the rainbow”?**





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# BEAUTY EDIT

## POOL KIT

The ultimate beauty products for a long, hot summer spent poolside





**Lanolips Lip Ointment with Colour SPF15 in Rose and Rhubarb, \$13.95 each.** This super-hydrating lip ointment will protect from the sun and give you a beautiful wash of colour.

**Wella System Professional Sun Spray, \$36.** Hair gets sun damage, too! This formula protects without weighing down or making hair greasy.

**COVERGIRL Full Lash Bloom Mascara in Very Black Waterproof, \$17.95.** Don't sacrifice amazing, long lashes. Just coat them in a super-waterproof formula.

**Philips EasyShine Ionic Styling Brush, \$39.95.** This new ionic brush will reduce frizz, plus it's small enough to pop in your handbag. Great for post-pool touch-ups.

**MAKE UP FOR EVER AQUA MATIC**

**Make Up For Ever Aqua Matic Waterproof Glide-On Eye Shadow in Diamond Light Turquoise from Sephora, \$32.** Yes you can wear eye shadow, just make it waterproof.

# POOL PARTY PRODS

All you need to be the glam-est girl in the water

**La Roche-Posay Anthelios Nutritive Oil SPF 50, \$35.95.** Hate thick sunscreen? Now you don't have to choose between a luxe, glossy oil and protecting your skin.

**Dr. Jart+ Radiance Beauty Balm, \$54.** Skip the heavy foundation and opt for a BB cream. This one-step balm smooths out skin tone (while looking subtle) and protects you from the sun too. Stealth.

**Cancer Council Ultra Cooling Sunscreen SPF 50+, \$18.45.** This sunscreen literally keeps you cool.

**Australis Make-up Finishing Spritz, \$15.95.** If you're planning on hanging by the pool, not in it, get your regular makeup to stay put with this spray.

**Stila Stay All Day Liquid Lipstick in Amalfi from Mecca Cosmetica, \$32.** Swim, eat, drink and kiss in this high-pigmented colour – it won't budge at all.



**Just add water**  
**No need for shave gel**



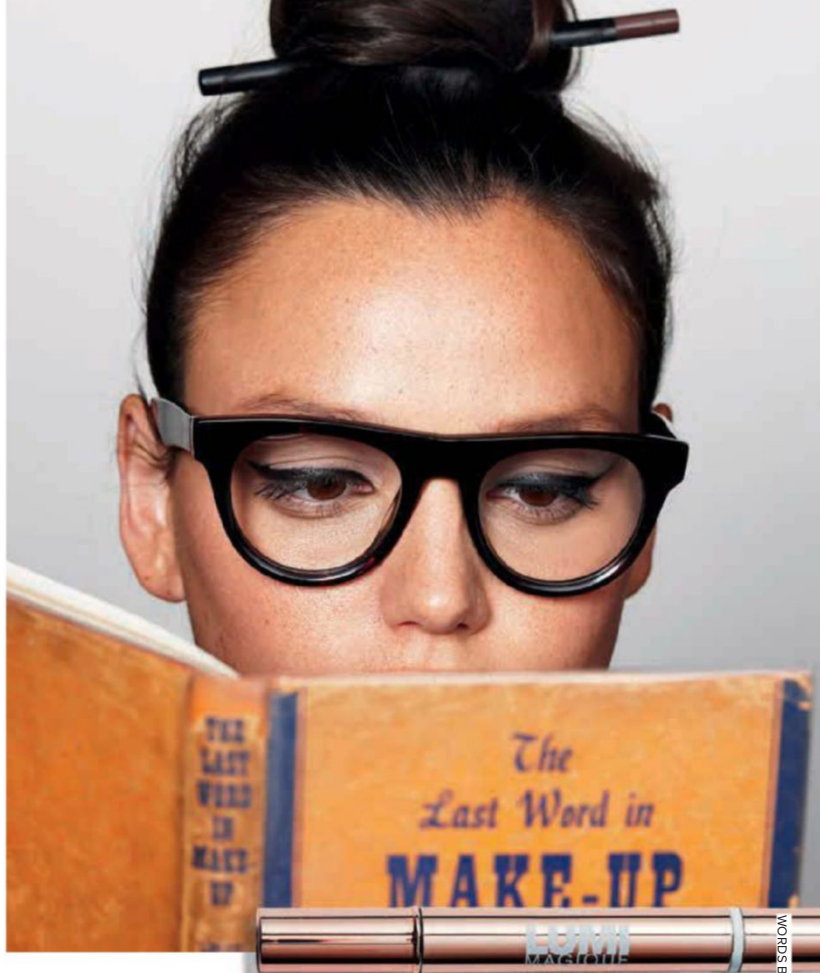
Moisture Ribbons lather and moisturise during shaving. With Schick Intuition Pure Nourishment there's no need to use shave gel. It offers a unique experience that simplifies your shave and leaves your skin looking radiant. FREE YOUR SKIN.





# MAKEUP TIPS FOR GIRLS WITH GLASSES

Celebrity makeup artist Allison Boyle shares her beauty tricks for looking flawless in your frames



## ► MASTER YOUR BASE

Matte foundations won't be messed with by glasses. "Use a light dusting of translucent powder to set everything, too. And only use a light application of concealer on the bridge of your nose." Too much and it'll stick to your specs!

Maybelline New York Fit Me! Matte + Poreless Foundation, \$21.95

## ► LOVE YOUR LASHES

Hate when your lashes hit your lenses? "Always make sure to curl them first. If you have a problem with smudging, try long-lasting or waterproof mascara and apply a couple of lighter coats of mascara instead of one thick one."

Scout Cosmetics Mascara in Waterproof Black, \$35.95

## ► TRY ILLUMINATING CONCEALER

Don't allow a double dose of dark circles to ruin your look. "A light-reflecting concealer works really well to counteract the shadow from your glasses. Look at where the shadow is falling under your eye and cover with a peach shade."

L'Oréal Paris Lumi Magique Highlighting Pen in Light, \$27.95

## ► DEFINE YOUR BROWS

Brows are super-important. "There's a lot of attention drawn to that area of your face," says Boyle. Fill in yours with a pencil, "then go over them with an angle brush dipped into powder shadow if you want extra definition."

Rimmel London Professional Eyebrow Pencil in Dark Brown, \$8.50

## ► PLAY WITH LINER

"With a cat-eye shape frame, go for a feline flick. If your lenses are super-magnifying you may want to soften the line and not make it quite so graphic. Try opting for navy, chocolate or slate colours instead of black."

Colour Theory Eye Pencil in Charcoal, \$4

## ► ROCK A BOLD LIP

Statement glasses and a power pout make for a winning combo. "Heavier or bright frames suit bold lip colours really well."

Dior Addict Lipstick in Oversize, \$52

## 5 GLASSES YOU'LL LOVE TO WEAR...



\$499, Ray-Ban  
(opsm.com.au)



\$435, Oliver Peoples  
(oliverpeoples.com)



\$325, Ray-Ban  
(ray-ban.com.au)



\$480, Dolce & Gabbana  
(opsm.com.au)



\$430, Oliver Peoples  
(oliverpeoples.com)



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*Helps protect your lips against cold sores.*



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If symptoms persist see a healthcare professional.

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# TOOLS, 5 CURLS

Are you always lusting after a flawless finger wave but end up with Cindy Brady ringlets instead? We've decoded your heat tools so you can find the ultimate curl for your look



## THICK CONICAL WAND

Best for effortless, everyday curls or waves. The shape of this wand makes your curls tighter at the ends, giving you a natural look. Wrapping your hair around this beauty will basically transform you into Lauren Conrad.

**Silver Bullet Fastlane Ceramic Large Conical Curling Iron, \$69.95**



## THIN CURLING TONG

If you're after tighter ringlets, go for a thinner wand. This tool is also great for girls with curly hair who want to enhance their natural style. Wrap hair over the clamp instead of under to avoid telltale marks.

**Remington Pro Curls, \$19.95**



## CURLING TONG WITH CLAMP

Use this iron to get bouncy and voluminous curls. The shape of the barrel will create big, Shirley Temple-style ringlets so brush or separate them out if you're not looking to join the cast of *Toddlers and Tiaras*.

**VS Sassoon 38mm Ceramic Curler, \$34.95**



## STRAIGHTENER

If you're after a softer, less precise curl, grab your straightener. It's a tricky technique to learn (continually twist the straightener as you're running it through your hair) but it will create a super-smooth, frizz-free style, thanks to a harder hit of heat.

**Philips Moisture Protect Straightener, \$129**



## OVAL TONG

The oval tong is one of the newest shapes to hit the market (and make things even more confusing). Go for this style if you're after a classic, old Hollywood finger wave. Glamour!

**ghd curve classic wave wand, \$230**



**MMMORE!**  
Learn how to do Victoria's Secret curls with this video tutorial.



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**Hiruscar®**

Available exclusively in pharmacy





1

Kiehl's Clearly  
Corrective Dark  
Circle Perfector  
SPF14, \$46

### YOU HAVEN'T NAILED YOUR CONCEALER

"Always choose a product that's one to two shades lighter than your foundation shade," says makeup artist Hayley Dutton (hayleydutton.com). "Lighter shades will help to even out tones and also eliminate redness." Dark circles sweep all the way into the inner eye so don't forget to blend into the corners!

Laura Mercier Secret  
Camouflage, \$49

2

Thalgo  
Collagen Eye  
Roll-On, \$61

### IT'S YOUR DAMN GENES

"In most cases dark circles are hereditary and there are no miracle fixes, especially if they run in the family," says Dutton. Don't panic! Choose an eye cream with stimulating caffeine and a cooling roller ball to increase the blood flow, and products with illuminating pigments to reflect light away from the area. Too easy.

# 4 REASONS WE CAN STILL SEE YOUR DARK CIRCLES

Big night on the booze? Never fear. We've found the best ways to hide your dark side

3

### YOU HAVE THE RIGHT SHADE, BUT THE WRONG APPLICATION

So you think you just wipe on concealer? Ba-bow! "The perfect application requires a combination approach," says Dutton. For a more airbrushed finish, use a liquid concealer and a fluffy concealer brush to work a thin layer of product into your skin, then a sponge to add another layer over the top for staying power.

4

Maybelline  
New York  
Instant Age  
Rewind Eye  
Eraser,  
\$18.95

### YOUR MAKEUP IS TO BLAME

"Dark eyeshadows can play a huge part in making circles appear darker," says Dutton. Her hot tip? Orange-based concealers balance the heavy shadow. Don't have one? "Mix a bit of an orange lipstick into your concealer to cancel out the depth and darkness."

Jane Iredale  
Camouflage  
Brush, \$36





**COSMO'S**  
**BIG**  
**CRUSH**  
**THIS**  
*SUMMER*





Sally Hansen Complete Salon Manicure in Pat on the Black, \$14.95



## I NEED NEW NAIL INSPO. STAT!

The S/S '16 runways were full of great ideas that you can easily copy. Try pastel lemon (as seen at Prabal Gurung) for this season's take on classic nude or go for nail art 2.0 in the form of a negative space mani. Leave your nails plain and add a thin and a thick dark stripe across your nail. (Confused? Google Tanya Taylor nails.) Try glitter top coat over bare nails, too.



These nails stole the Tanya Taylor show at NYFW S/S.

# BEAUTY Q&A

You asked. We answered.  
You're welcome

## Is kale as good for my face as it is for my body?

Superfoods are having a bit of a moment in skincare and it's not all just hype. They actually work. Leafy greens like kale are rich in vitamins A, C and K which make them an excellent source of antioxidants. They will help to protect against ageing free radicals as well as improving elasticity and giving you a hydration hit.



Nip + Fab Soften Kale Fix Moisturiser, \$49.99

## MY SKIN IS A LEGIT OIL SLICK BY 3PM. WHAT CAN I DO TO STOP IT?

Start the day off right by using an oil-free moisturiser followed by a mattifying primer (we like Rimmel London Stay Matte Primer, \$13.95). After you've applied your makeup, a light dusting of translucent powder on your T-zone should buy you some more time against shine, too. Then keep some blotting papers or a blotting sponge in your handbag for touch-ups throughout the day.



Blotterazzi by Beautyblender from Sephora, \$20

## I find it awkward holding my brush and straightener at the same time.

It's not just you, even the most coordinated find this one tricky. This clever new hairbrush is actually a heat tool too, and it's the stuff of brush-and-go dreams. Your hair will be silky smooth and straight within minutes *plus* it'll cause less damage thanks to a lower heat concentration.

Sarah Macrae



Dafni Brush from Shaver Shop, \$299



# YOUR HAIR'S BEST SUMMER YET!

The weather is warm, and we're excited! But is your head? Sun and heat damage can wreak havoc on our hair and scalp. Luckily, head & shoulders provides the perfect combination for flake-free and glossy hair – so you don't even have to compromise this summer.

## COSMO RECOMMENDS

Here at Cosmo HQ, we're waving goodbye to all those hair and scalp woes – and so can you.

Thanks to head & shoulders, there is a specific formulation for every hair type. Trust us, you'll be just as surprised as we were!

## YOU CAN HAVE IT ALL

We all found a variant that protects our hair and scalp, whether we have fine, frizzy or coloured hair!

The three new shampoos all do what head & shoulders does best: fight flaky, dry, itchy scalps. But, get this, they also target other hair concerns. Find your hair needs a little extra TLC? Head & Shoulders Damage Rescue has you covered. For those of you looking to strengthen hair, try Head & Shoulders Thick & Strong. Or if you're worried about your new colour going the distance, then you'll definitely love head & shoulders Glossy Colour.





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# STYLE

## FEEL THE LOVE

Red hot buys to add a little sizzle to your Valentine's date

STYLING BY DENIS TODOROVIC, ART DIRECTOR: LAUREN DRAGOSETTI, PHOTOGRAPHY BY CHRIS JANSEN/BAUER. 1. \$20, BOOHOO (BOOHOO.COM). 2. \$30, BOOHOO (BOOHOO.COM). 3. \$139, GUESS (GUESS.NET.AU). 4. \$89.95, THE DAILY EDITED (THEDAILYEDITED.COM). 5. \$19.99, COLETTE BY COLETTE HAYMAN (COLETTEHAYMAN.COM.AU). 6. \$199.95, WITTNER (WITTNER.COM.AU). 7. \$79.95, ZARA (02 9376 7600). 8. \$29.95, COLETTE BY COLETTE HAYMAN (COLETTEHAYMAN.COM.AU). 9. \$559, BIANCA BUCCHIERI (DOLCIFIUME.COM.AU). 10. \$189.95, JAGGAR (JAGGARFOOTWEAR.COM.AU). 11. \$79.95, WITTNER (WITTNER.COM.AU). 12. \$554, STUART WEITZMAN (HERMANN.COM.AU). 13. \$1280, VALENTINO (COSETTE.COM.AU). 14. \$399, BIANCA BUCCHIERI (DOLCIFIUME.COM.AU). 15. \$49.99, BARDOT (BARDOT.COM.AU).





**FLORALS**

# SHOP THE



\$465, Equipment  
(orderofstyle.com)



\$69.95, Zara  
(02 9376 7600)

## TOPS



\$129.95, Tigerlily  
(tigerlilyswimwear.com.au)



\$450, Zimmermann  
(zimmermannwear.com)

\$199.95, Keepsake  
(keepsakethelabel.com.au)



NOT IN THE MOOD FOR A DRESS? TRY A PLAYSUIT!



\$99.95, Minkpink  
(minkpinkworld.com)



Dress: \$380, Alice McCall  
(alicemccall.com). Belt: \$12, Supré (supre.com.au)

## DRESSES



\$198, Paddo to Palmy  
(paddotopalmy.com.au)



# STREET

Take your hayfever tablets and get ready for full-body flower power

\$24.99, Equip  
(02 9479 7888)

\$649, Karen Walker  
(karenwalker.com)

\$229, Mimco  
(mimco.com.au)

## ACCESSORIES

\$39.99, Lovisa  
(lovisa.com.au)

\$69.95, Fiebiger  
(fiebigershoes.com)

## BOTTOMS

\$40, Boohoo  
(boohoo.com)

\$15, Target  
(target.com.au)

\$59.95, Zara  
(02 9376 7600)

\$59.95,  
Minkpink  
(minkpink  
world.com)

\$69.95, Atmos&here  
at The Iconic  
(theiconic.com.au)



# IT'S ALL IN THE WRIST

Strong wrist action can really make an outfit. Try a white watch for summer

1. \$499, Swarovski ([swarovski.com](http://swarovski.com))
2. \$589, Thomas Sabo ([thomassabo.com](http://thomassabo.com))
3. \$220, Swatch ([shop.swatch.com.au](http://shop.swatch.com.au))
4. \$199, Mimco ([mimco.com.au](http://mimco.com.au))
5. \$379, DKNY (02 8977 8086)
6. \$149, Ice Watch ([au.ice-watch.com](http://au.ice-watch.com))
7. \$129, Adidas (02 8977 8086)



"The secret to  
great style is all  
in the detail"

**COLLETTE DINNIGAN**

Fashion Designer

#SpecsaversStyle



*Collette Dinnigan* 2 pairs single vision **\$199**, 2 pairs multifocal **\$349**



*Collette Dinnigan* 2 pairs single vision **\$199**, 2 pairs multifocal **\$349**



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*Collette Dinnigan* 2 pairs single vision **\$249**, 2 pairs multifocal **\$399**

With 2 pairs of complete glasses from \$199, you'll always be in style.



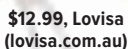
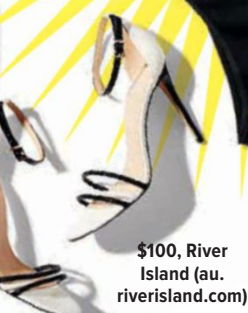
Prices complete with standard lenses with scratch resistant coating. Second pair must be from same price range of frames and lens range or below. Must be same prescription. Extra options not included. Prices correct at time of print. Frames available while stocks last.



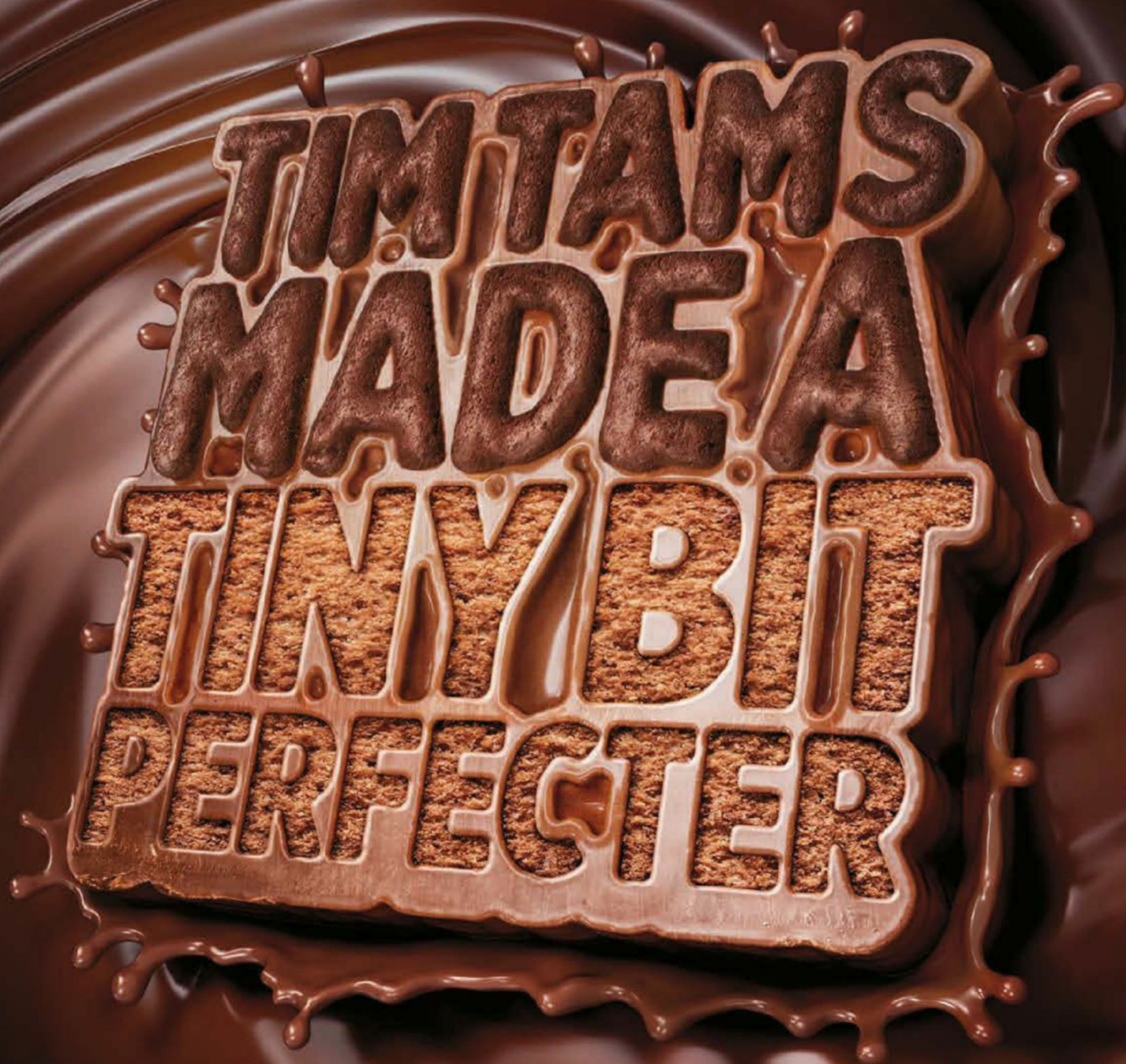
# 4

# WAYS WITH THE BODYSUIT

Kimmy's got a good thing goin' and we're not afraid to steal her style







**Bite-sized deliciousness, made chocolatey-er.**







**Jacket:** \$149.95, Jag (jag.com.au).  
**Dress:** \$199, Talulah (talulah.com.au). **Choker:** \$79.95, Liberté (liberte.com.au).  
**Rings:** worn throughout from \$260, all Sarah & Sebastian (sarahandsebastian.com).



**Top:** \$140; **skirt:** \$230, Bec & Bridge (becandbridge.com.au). **Shoes:** \$139.95, Witchery (witchery.com.au). **Bangles:** \$25 for set, River Island (au.riverisland.com).



**Dress:** \$269, Third Form (thirdform.com).  
**Belt:** \$95, Peter Lang (peterlang.com.au).  
**Necklace:** \$129, Samantha Wills (samanthawills.com).

# PLEATS: HARD TO IRON BUT WORTH IT

Enter the fashion fold...



**Dress:** \$550, Zimmermann (zimmermannwear.com). **Shoes:** \$160, Kookai (kookai.com.au). **Cuff:** \$179, 32.4 (thirtytwo pointfour.com).



**Top:** \$129.99, Mavi (mavi.net.au). **Skirt:** \$169.95, Keepsake (keepsakethelabel.com.au). **Shoes:** \$109.95, Sol Sana (sol-sana.com). **Cuff:** 249, Fiel Sol (fiel.sol.com). **Bag:** \$62, Asos (asos.com/au).



**Top:** \$179, Talulah (talulah.com.au). **Culottes:** \$179.95, Jag (jag.com.au). **Shoes:** \$100, River Island (au.riverisland.com). **Cuff:** \$179, 32.4 (thirtytwo pointfour.com).



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## Neutrogena Hydro Boost® SPF 15

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A close-up photograph of Taylor Swift's arm and long, wavy, light brown hair. She is wearing a gold watch on her left wrist. The background is dark, making the skin and hair stand out.

# Swift AND Sure

Taylor Swift is unstoppable. After another sell-out Australian tour, it's fair to say her fanbase known as The Swifties just got a couple hundred thousand new members.


*Cosmo* looks at why 10 years after she burst onto the scene, the 26-year-old is arguably the most influential woman in music right now... ➡



cover story

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On Taylor's stage,  
all that glistens  
seems to be gold.

**THE ATMOSPHERE  
OF ANZ STADIUM IS  
ELECTRIC AS THE  
LIGHTS GO DOWN AND  
76,000 PEOPLE  
COLLECTIVELY LOSE  
THEIR SH!T. A VIDEO  
MONTAGE OF THE NEW  
YORK SKYLINE STARTS  
PLAYING. THEN TAYLOR  
SWIFT ANNOUNCES  
HER ARRIVAL – “HELLO  
SYDNEY!” – BEFORE  
LAUNCHING INTO A  
RENDITION OF *WELCOME  
TO NEW YORK*.**

Never mind the seven Grammy awards, winning the crown of Billboard's Woman of the Year twice or the fact that she is the only artist in history to have three albums selling over one million copies in their first week of release – 2010's *Speak Now*, 2012's *Red* and 2014's *1989* – for the next two hours, she reminds the world inside (and outside) the stadium why she is still at the top.

To her haters, just think of it as a massive mic drop.

“You can be accidentally successful for three or four years,” she remarks. “Accidents happen. But careers take hard work.” Amen, sister!

In an age where most pop stars are making bank by taking their clothes off, Taylor's amassed a fortune estimated to be worth around \$200 million purely by flaunting her talent. She's become someone who isn't afraid to take risks. Case in point: *1989* was her first all-pop album after building an empire through country music. Abandoning her roots could have backfired, but it resulted in her most successful release. Hear that? That's the collective exhale of her label, who were convinced *1989* was a risk that wouldn't pay off.

“Everybody was really scared for me to change up the formula,” she says of the genre switch. “The way people at my label would see it was, ‘Why are you messing with that? It's our job to mess with that.’” But we're pretty glad she did.

Behind all the music, she's inked lucrative deals with major brands like COVERGIRL and Diet Coke, and also released an obligatory celebrity fragrance – yet we're not experiencing advertising



overload. Even with her concerts she sells each show through the celebrity appearance. From BFF Karlie Kloss to *Friends*' Matt LeBlanc, it's her guest stars that make the show newsworthy for the next day's tabloids, rather than what she was wearing on the stage.

She's one clever cookie, twisting the industry to work for her, rather than the other way around. Her love of her career is integral to us picking up what she's putting down, but it is also what keeps her going: "Enthusiasm [has me] putting one foot in front of the other."

Rest assured there's a fire in her belly. She famously wrote to Apple in June last year on the back of their three-month free subscription where artists would see nada commission, "We don't ask you for free iPhones. Please don't ask us to provide you with our music for no compensation." She wrote that at 4am. The next day, the biggest tech company in the world had reversed its policy. If you ever needed confirmation of her influence, this was it.

"No matter what people try to pin on her, her position, her power, her career outshines that," pal Selena Gomez says. "It's almost like: Don't mess with Taylor."

She's not just taking power from money-making giants – she also took back control of her own image from the paparazzi earlier in the year when she beat the photogs to the pic-punch. Why? Basically it came down to the fact that we never saw her bellybutton when she wore crop-tops so there was a high price on those first images. So when, while she was on a boat with pals HAIM, she spotted some paps, she posted her own photo to Insta, immediately lowering the value the sold images would've had.

"Basically, we see a fishing boat a half a mile away," she explains. "Security gets out binoculars and sees that they have a huge long-lens camera. At which point, we go back to the beach and we realise, 'OK, so they got pictures of us in our bikinis, I don't want them to make \$US100,000 for stalking us.' We're like, 'Get up on the bow of the boat. We're taking better bikini shots, so they don't make as much money on theirs.'"

Far from this being the move of a sourpuss, she's aware her public persona is open slather. And she's OK with that.



Taylor with DJ boyfriend Calvin Harris.

"Anything outside my own house doesn't really feel normal," she confirms. "It's just a fact that when I'm outside the doors of my apartment, people are watching me and that's the life I chose. Sometimes it feels absolutely stifling and overwhelming, but most of the time I can go through the mental exercise of [asking myself], 'How many years did you dream about this?'"

If you've been paying attention, these days the public is focusing less on her love life and more on her uber high-profile friendships (even though we are totally obsessed with her relationship with Calvin Harris). Made up of young models (Karlie Kloss, Gigi Hadid and Cara Delevingne), some of the most successful actresses and writers (Lena Dunham, Mariska Hargitay) and artists (Selena Gomez and Lorde), her "squad" is a roll call of the who's who at the top of the pop culture radar.

"I honestly think that my lack of female friendships in school is why [they] are so important now," she says. "Our friends really have each other's back. It's the first time in my life I've had anything really strong like that in the friendship department. You're supposed to surround yourself with people who challenge you and motivate you. That's what my friends do for me and I'm so happy to have so many good ones right now."

Taylor has spoken in the past about being bullied, but in her song *Shake It Off* she sings of how it's impossible to make everyone like you. Is this something she's more comfortable with as she gets older?

"For the last two years I've been more fascinated with discovering who I am and what I want," she says. "I don't think anyone ever gets to a place where they do not care what everyone thinks, but I've learnt to write off the opinions of people who don't matter to me."



I've learnt to write off the opinions of people who don't matter to me"

Gomez is probably in the best position to make comment: "She's always outdoing herself, [but she remains] who she is at the heart of everything."

It's safe to say Taylor could be the most real artist out there. Fangirling? Us? She has this way of making her fans feel at home in their own skin, during an age when most are figuring out who they are alongside her.

"I have gotten comfortable with myself and letting people know that I'm awkward sometimes and I'm not that cool or edgy," she says. "The more you just be yourself and lead by example, the more fans are cool with not [being] something they're not – because I'm not either."

It doesn't matter if the haters might hate (hate, hate, hate, hate), Taylor Swift will never go out of style.

Mel Evans





**IS THIS THE**  
**MOST SEXIST**





# WORKPLACE IN AUSTRALIA?

SEXUAL HARASSMENT IS A MAJOR ISSUE IN AUSTRALIAN HOSPITALS, BUT VICTIMS FEAR SPEAKING UP WILL RUIN THEIR CAREERS. *COSMO* INVESTIGATES THE CULTURE OF SEXISM – AND SILENCE – IN THE MEDICAL INDUSTRY ➡



**“WHAT I TELL MY TRAINEES IS THAT, IF YOU ARE APPROACHED FOR SEX, PROBABLY THE SAFEST THING TO DO IN TERMS OF YOUR CAREER IS TO COMPLY WITH THE REQUEST.”**

Shocking advice, no? Must be from the mouth of an obnoxious, suit-wearing misogynist, yes? Actually, no. This shocking statement was made by a well-known Sydney vascular surgeon, Dr Gabrielle McMullin – yes, ladies, a female.

When *Cosmo* first heard this seemingly ill-informed advice we were understandably outraged. How could a woman, who is so senior in the medical field, say such things in this day and age?

Well, it turns out her gasp-inducing words were needed in order to finally expose the deep-rooted culture of sexism and sexual harassment in the medical field. So, despite the angry reactions from sex abuse and domestic violence campaigners, Dr McMullin, who is co-author of *Pathways to Gender Equality in Australia – the Role of Merit and Quotas*, has no regrets. “I was so frustrated with what was going on that I really didn’t care what the reaction would be,” she says. “It’s been hidden, suppressed, for so long and it is only when it comes out in the open that you can do something about it.”

## **Sexual harassment is “rife”**

And it’s very dirty laundry she’s aired. According to a recent – and very damning – report\*, sexual harassment and discrimination is “endemic” in medical working environments. Seven per cent of surgical trainees and fellows have experienced sexual harassment. Doesn’t sound like a big number to you? Look around your office – that’s almost two people being

sexually harassed out of every 25, and that’s two too many.

Being expected to give sexual favours in return for tutorship, being inappropriately touched by male colleagues and hearing sexist jokes and cruel remarks in the operating room are commonplace for women in the medical field, and it’s unacceptable behaviour.

As an industry that attracts some of Australia’s very brightest minds, how can it be so sexist? And perhaps more importantly, why isn’t anything being done to put a stop to it once and for all?

## **“They told me to learn to suck cock”**

Annie\*\*, a surgical trainee, tells *Cosmo* that she’s had to endure a landslide of snide remarks and cruel taunts from male counterparts and blames the industry’s “boys’ club” mentality for it.

“I was once told to ‘learn to suck cock if I wanted to be a good doctor,’” she reveals. “They called me dumb, told me I was ‘f\*cking useless and often said that men should be hired instead.”

“Surgery is incredibly male-dominated. They make it really difficult for a woman to thrive. I constantly feel belittled because I have boobs, but I get top marks time and time again.”

Sexism spans all medical specialties and hospitals and it has reared its ugly head through decades, explains Dr Danielle McMullen, a GP registrar and chair of the Australian Medical Association NSW Doctors in Training Committee. “Historically medicine was a man’s industry –

workplace flexibility isn’t as good as it could be and so women have therefore not been as welcome in the workplace as they should be.”

With an environment that’s unwelcoming at best and hostile at worst, it’s really no surprise that women are twice as likely to drop out of surgical training and that just nine per cent of surgeons in Australia are female.

Paediatric registrar Dr Tessa Kennedy says age-old stereotypes could be to blame for this attitude. “Gendered workplace norms and policies mean women are forced to fall back on traditional roles once they have children. Career advice I’ve been given has consistently emphasised choosing a specialty with a ‘good work-life balance’, for when, not if, I have children. It’s why when I attend a patient’s bedside alongside a male colleague, people assume I am a nurse.”

Yes, we all know that surgery involves long hours, unpredictable overtime, weekend calls and life or death scenarios. But if women choose to dedicate themselves to that field, they should be welcomed with open arms, not expected to open their legs in order to succeed.

# **WHAT IS SEXUAL HARASSMENT?**

**SEXUAL HARASSMENT IS ANY UNWELCOME CONDUCT OF A SEXUAL NATURE. THIS INCLUDES SEXUALLY SUGGESTIVE COMMENTS OR JOKES, INTRUSIVE QUESTIONS ABOUT YOUR PRIVATE LIFE OR YOUR PHYSICAL APPEARANCE, INAPPROPRIATE STARING, UNWELCOME HUGGING, KISSING, CORNERING OR OTHER PHYSICAL CONTACT AND SEXUALLY EXPLICIT TEXTS, EMAILS, IMAGES OR PHONE CALLS.**



# 1 in 4

WOMEN ARE SEXUALLY HARASSED IN THE WORKPLACE

## “She should have given him a blowjob”

Jo Elms, who studied medicine at the University of Queensland and was also president of the medical student group Supporting Women in Medicine, wrote in an article for website *The Drum*: “It’s a rite of passage for every female doctor to be treated in a sexist way by male colleagues. Furthermore, it is an unwritten rule that if you report this behaviour or you don’t comply with sexual advances from senior colleagues you’d receive a terrible reference and your career was effectively ruined”.

Imagine having to agree to sexual acts just so you can fulfil your lifelong dream of becoming a doctor. That’s a reality for many young trainees – and what’s worse is, as history has shown, reporting such offences rarely results in fair punishment for the perpetrator but rather career suicide for the victim.

Take, for instance, the Caroline Tan case. She was a neurosurgical trainee in Melbourne, who excelled at medical school. She was taken under the wing of neurosurgeon Chris Xenos, but in his offices on February 15, 2005, she claimed he put his hand on her breast, pinned her against the desk, and with his “erect penis out of his fly” asked her, “do you want to go down on this?”, before she escaped his grasp and ran out of the office.

The surgeon’s response was to try to fail her. She complained to the College of Surgeons, but was told that sexual harassment

played no part in her assessment and that she was failing, so she took legal action.

Dr Xenos was found to have sexually harassed her and was ordered to pay Dr Tan \$100,000 in compensation, but her legal fees alone cost \$250,000.

Dr Tan’s career was ruined on that night and she has not been appointed to a public hospital since.

“The truth is that if she had given him a blowjob ... she would have been better off,” insists Dr McMullin. “She was blackballed and the surgical community is still not on her side. Somebody said to me the other day, ‘She’s such a bad surgeon’. That’s what gets said about women, particularly if you complain. She was cross-examined abominably – they asked her to describe the size, shape and colour of his penis. If you get attacked, make sure you take a picture of the penis because you’ll be asked about it! Ridiculous stuff!”

“The bottom line in medicine is it is an apprenticeship in many ways and you’re beholden to your teachers and your supervisors and the people who are going to employ you in the future on their good graces, so unfortunately sex can become a bargaining chip,” says Dr McMullin. “[It’s like] ‘You have sex with me and I’ll sign your form and you’ll do well and if you refuse, you may fail.’”

When we interviewed Annie for this feature, she asked that we didn’t use her real name for fear it would damage all her years of

**IF YOU BELIEVE YOU’VE EXPERIENCED SEXUAL HARASSMENT, THERE ARE A FEW ACTIONS YOU CAN TAKE.** You may want to raise the issue directly with the harasser and tell them that their behaviour is unwelcome, talk to a colleague for support or even make a complaint to your manager/employer. You can contact 1800 RESPECT or the Australian Human Rights Commission’s National Information Service on 1300 656 419. You can also make a complaint online at [humanrights.gov.au/complaints/make-complaint](http://humanrights.gov.au/complaints/make-complaint).

**IF YOU SEE OR HEAR ABOUT HARASSMENT in your workplace, the best thing to do is listen to the person who has been harassed and ask them what support they’d like. That may be assisting them in making a complaint or reporting it to your employer. You can also organise sexual harassment training for your workplace – talk to HR about implementing harassment policies. For info on sexual harassment, go to: [knowtheline.com.au](http://knowtheline.com.au).**

hard work. “As much as I want to stand up against harassment and sexism, I can’t risk my career. Everyone else seems to put up with it, so I guess I have to, too.”

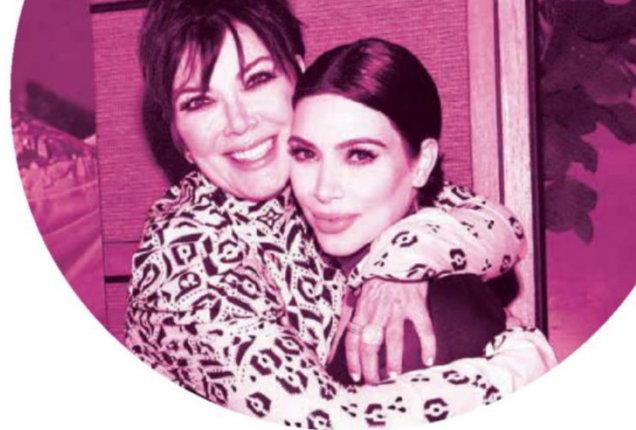
Who would have thought the very people who dedicate their lives to helping others are making it hell for those who hope to do the same? When is it ever OK for women to be objectified? For your blowjob skills to count for more than your work ethic? By vilifying whistleblowers and excusing harassment because “boys will be boys”, these perpetrators continually get away with their crimes – and future generations will follow suit.

“It’s time to cast light into the dark corners of our medical culture. It’s time to stop walking past standards that we shouldn’t accept,” says Dr Kennedy. ■

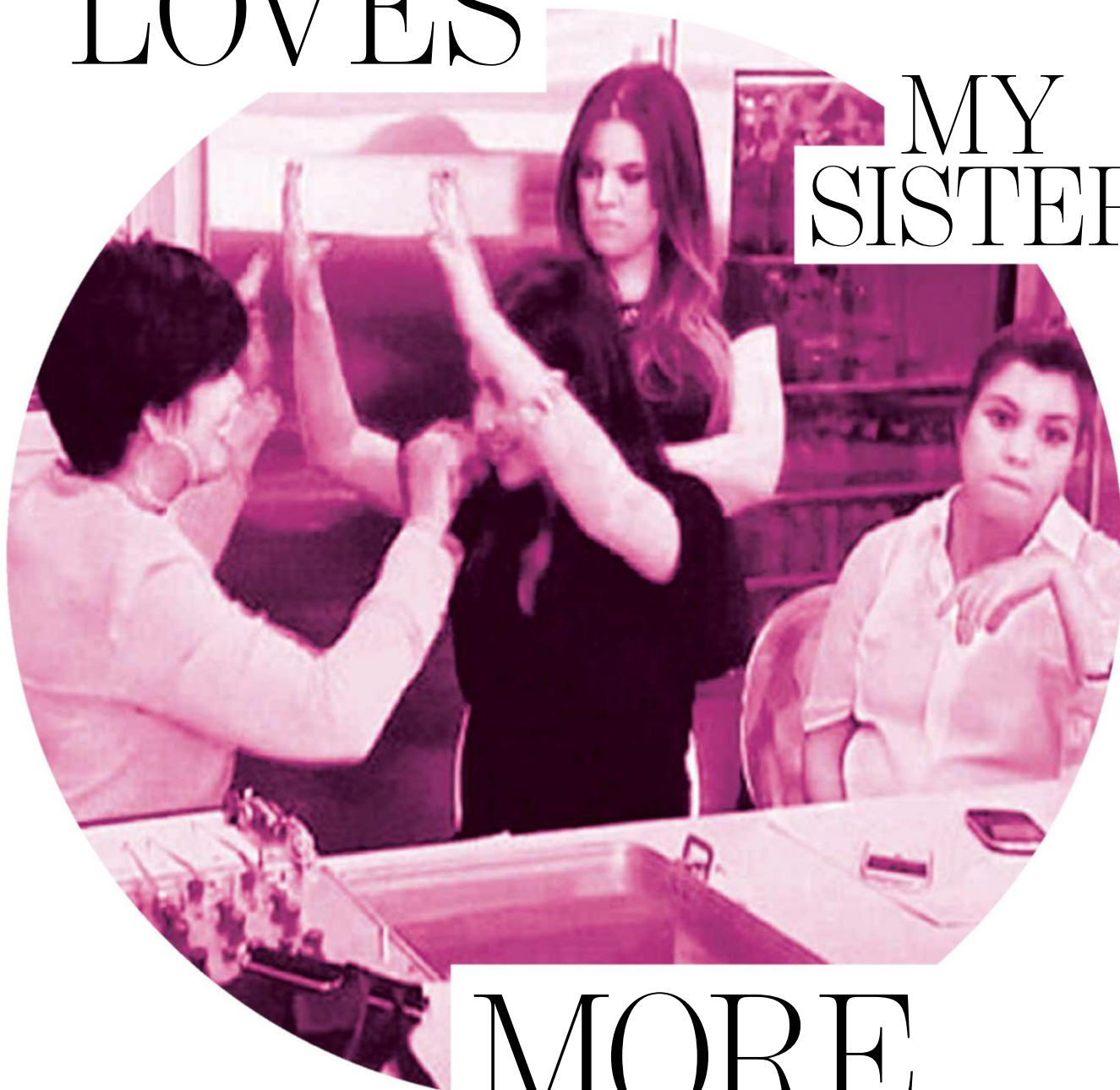
WHAT SHOULD I DO?



“MY MUM  
LOVES



MY  
SISTER



MORE  
THAN ME”



## WHETHER YOUR SISTER WAS YOUR PARENTS' FAVE, OR IS SIMPLY MORE SUCCESSFUL THAN YOU, SIBLING RIVALRY CAN BE HARD TO HANDLE...

One of your Facebook friends has posted about her new high-flying job in the city – and over 40 people have commented on her success, including your parents. But, pleased as you are for her, you can't quite bring yourself to add your congratulations. Rightly or wrongly, her achievement makes you feel worse about your own position on the career ladder. And the really bad part about that? She's your sister.

If you have a sibling, it'll be one of the longest relationships of your life. But even if you love him or her to bits, you might still be consumed with envy at news of their success – or feel like you are constantly living in their shadow.

We're pretty much accustomed to feeling envious of other people's status updates. But among other things, social media has brought to the fore "shadow sibling syndrome" – where people may struggle with their status as the "less successful" child. And it can be made even worse if you feel that one or both parents hold the same view.

"Social media means that siblings' achievements (along with everyone else's) are given more of a showcase," says Tina Kretschmer, a researcher on sibling rivalry. "We are constantly reminded that they're happier/prettier/richer/more successful. The negative consequences are flourishing beyond anything we've ever seen before."

Kate, 33, is a successful novelist – but admits to feeling pangs of jealousy whenever she sees photos of her musician brother Richard hanging out backstage at Glastonbury Festival.

"I think the world of him, but I've always lived in his shadow," she says. "He's very popular – he's a musician and tennis coach, he passed his driving test after just nine hours of lessons, and I've never seen him fail at anything. While my parents never showed any preference,

he was definitely our nan's favourite – she had five photos of him on display, just one of us both and none of me alone. Fast-forward 20 years, the same thing's happening – only this time, it's online.

"On Facebook, even our mutual friends tend to send Richard birthday messages and not me. But on the plus side, it was probably seeing him succeed at things I can't do that motivated me to find something I'm really good at."

Having sold her first novel at just 23 years old, Kate has learnt to live with her brother's different brand of success. "Sometimes I wish I could post exciting snaps like his online – but then I get to chat to famous authors on Twitter. It might not be quite as visible, but it's still exciting. Finding my own outlet means that now I'm a lot less jealous of my overachieving brother."

Happily, as Kate found, using social media to drive your own success can have a positive influence when it comes to dealing with shadow sibling syndrome. But for other women, the effects can be devastating, particularly if one or both parents appears to love them less.

Around 45 per cent of adults admit to having some type of dysfunctional relationship with a brother or sister. And for Sally\*, this was a result of feeling less loved by her mother. "Mum always disapproved of what I did – even when I did well at school I got moaned at, and I felt like I was never good enough, never liked," Sally says. "Meanwhile, my sister Amy\* got praised for everything she did. I had a successful career, a beautiful flat and was married to a man who loved me, but I still felt Amy was loved more – maybe 'cos she's more outgoing and fun.

"My relationship with my mum has affected me into adulthood – it really knocked my confidence. I'm very unsure of myself, and I'm always trying to please people. I hardly talk to Amy anymore."

Educational psychologist Gaynor Sbuttoni agrees the impact of parents

favouring a sibling can be devastating. "If a child feels they're loved differently than a brother or sister, or that a parent gives them less praise, the left-out child can grow to hate the sibling, rather than being angry at the parent," she explains. "Feelings of jealousy and also anger are normal, but need to be managed or they can build up and get worse and worse."

Even if you are the more favoured sibling, having a brother or sister who feels pushed aside can have a negative effect on not only them but you as well. "If someone you love is unhappy, it can colour how you feel about your success," says Professor Claire Hughes, from the Centre for Family Research at Cambridge University. "And if the rivalry stems from a genuine contrast in how you and your sibling were treated, being the favoured sibling can also bring its own anxieties. You'll worry that the next time it might be your turn to be unfairly treated."

The good news is whichever side of the fence you're on, having experienced this sibling rivalry doesn't mean your relationship with your brother or sister is completely doomed or that it will stay that way for your whole lives. "Try to avoid making direct comparisons," says Kretschmer. "And don't beat yourself up about being jealous of your sibling, as jealousy's not always a negative emotion: it can motivate us, too."

And if you can't see any reason to build bridges with your favoured sister or resentful brother just now? Remember they're always there, for good or bad – you might unfriend them, but they're still family. **Rachael Tinniswood**





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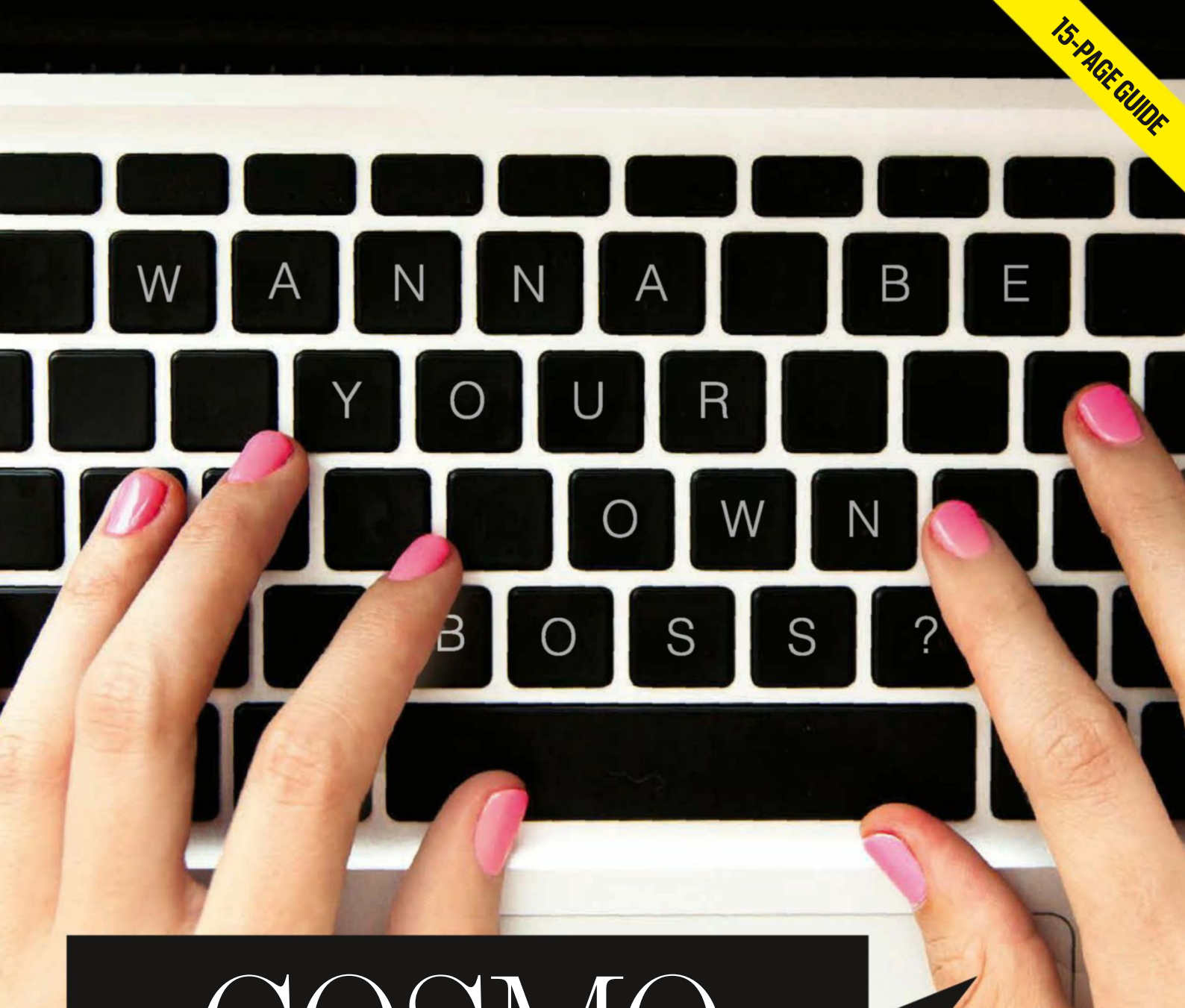
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# COSMO START-UP SPECIAL

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# I HAVE AN IDEA...

**WE'RE GUTSY, AMBITIOUS AND WILLING TO TAKE RISKS: WELCOME TO THE WORLD OF THE 2016 ENTREPRENEUR**

► A recent study conducted by The Foundation for Young Australians found that it takes new university graduates an average of five years to find full-time work in their field, so it's really no wonder we're more determined than ever to create our own jobs – and the technology is at our fingertips. “Millennials are really the first generation of digital natives,” says Sally-Ann Williams, who is engineering community and outreach manager at Google Australia. “They are comfortable with technology and how to use it in novel ways.”

Having your phone as an extension of yourself doesn't just help your social life – being *this* connected to the world means you can stay switched on to your new business 24/7. Plus all these techy super-skills now help write business plans, market the bejesus out of your business and (the important bit) make you money. But everyone needs a bit of guidance, so if you don't have a entrepreneurial genius at hand, here's how to get any new business off the ground, from the idea (that bit we can't help you with) to making your first profit.

Put on your power heels and power up the think tank.

## WHAT'S IN A NAME?

*Four tips to make the best mark*

### 1 MAKE SURE IT DOESN'T ALREADY EXIST

Search Google and a government database like Australian Trade Mark Online Search System (ATMOSS). A business name is not a trademark (the latter you cannot use if it is already taken) and you must register a business name through the Australian Securities and Investment Commission (asic.gov.au). It costs \$34 for one year and \$79 if you register for three. If you don't search and you register your name as something that's already trademarked, it can equal legal bills, disputes and possibly the early end of your business #sadface.

### 2 OUTSOURCE OPINION

Wordlab.com and similar sites have forums where you can workshop an idea and have a stream of users from around the world give ideas on a name.

### 3 BE QUIRKY

But not *too* much – your name conveys the product, expertise and value of your product.

### 4 USE REAL WORDS

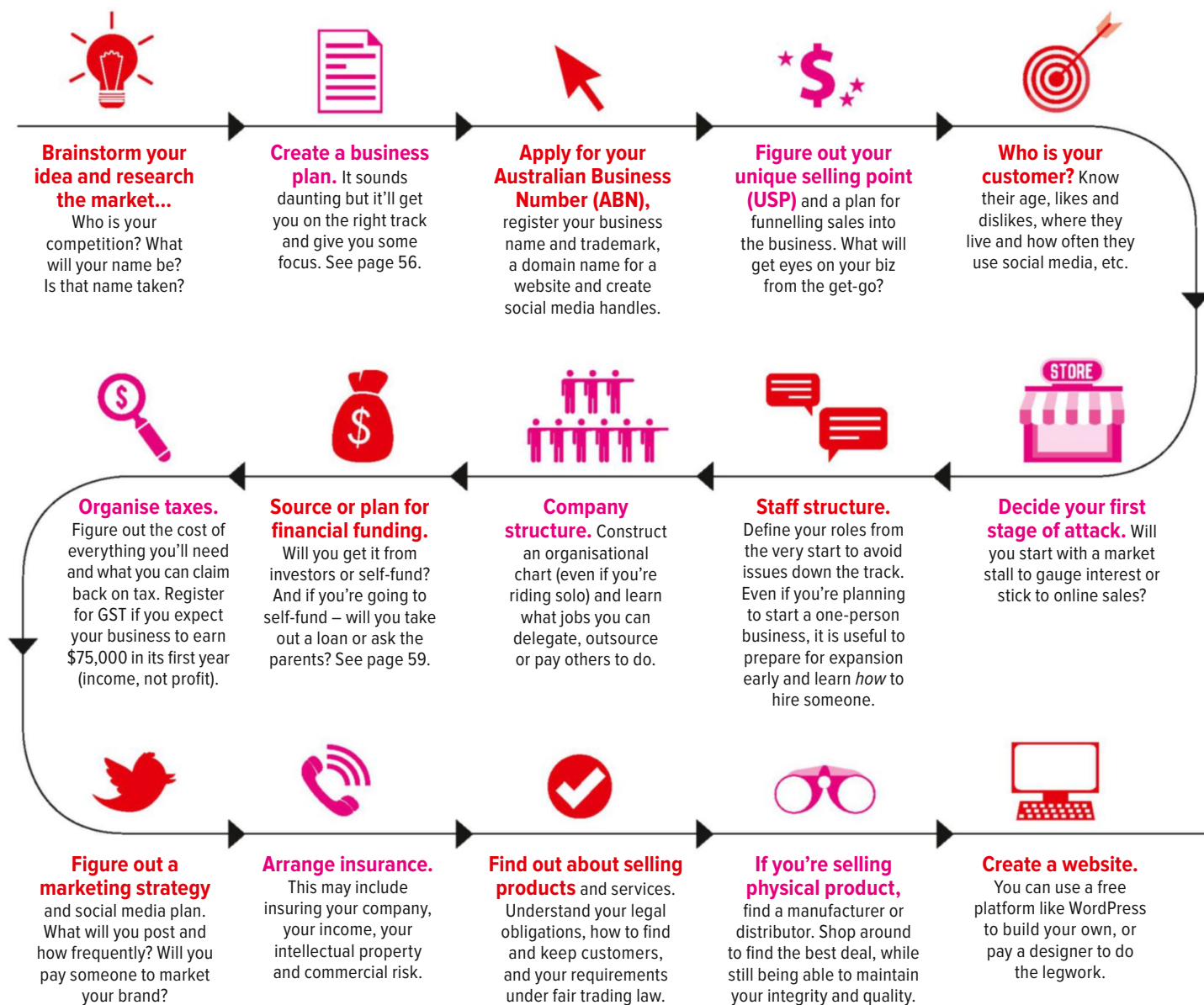
Or combinations of real words that people can relate to.

► JANUARY AND JULY ARE THE MOST COMMON MONTHS TO LAUNCH A START-UP IN AUSTRALIA.



# IT'S BUSINESS TIME

BECAUSE EVEN COCO CHANEL HAD TO START SOMEWHERE...



## WHY IS BRANDING SO IMPORTANT?

*David Freeman, founder and CEO, H2Coco*

"It is what allows us to differentiate ourselves from other coconut water competitors on the market. The coconut water category has seen triple digital growth year on year and as new competitors enter the market we have to ensure we are constantly driving innovation in terms of our branding. To ensure we got people talking about H2Coco we initially brought on high-profile ambassadors to promote our brand. Utilising social influencers allows us to create strong brand awareness and get the H2Coco name out there."





# WTF IS A BUSINESS PLAN?

LOOK AT THIS AS YOUR ROAD  
MAP TO SUCCESS, MAPPING OUT  
THE STOPS YOU NEED TO MAKE  
ALONG THE WAY TO GET TO YOUR  
FINAL DESTINATION

▶▶ BETWEEN 2013-2014, APPROXIMATELY 20,496 NEW BUSINESSES WERE LAUNCHED IN AUSTRALIA.



# YOUR BUSINESS PLAN CHECKLIST

- ☐ Business name and structure (including owner's details)
- ☐ ABN/CAN details
- ☐ Launch date planned
- ☐ Products/services and target market figured out
- ☐ Marketing and sales strategy
- ☐ Vision statement and goals
- ☐ Finance plan
- ☐ Insurance and risk management/legals, i.e. contracts
- ☐ Operations and sustainability plan
- ☐ Balance sheet forecast with profit/loss margins



**MAKE A PLAN**  
*Janine Allis, founder of Boost Juice*

► “The best business plans are not that long. Keep it simple. Say what your vision is, then your target market and look into the type of products or service you want to sell.

Then you look at the numbers; what are the expenses associated with it? What do you buy product for and what can you sell it for – what are the margins? If it's a retail outfit you need to include rent and staff, electricity, services, and put it into a spreadsheet and end up with a number – if you're doing it well, you get a black number not a red number. Then when you start, the business plan goes out the window and you start again! At least you start on a path.”

***TIP:** Set aside an hour a day to map out what you need in your business plan. There are plenty of templates on [business.gov.au](http://business.gov.au) and apps, like MyBizPlan, to make the process easier. Or you can consult a professional. It's just like a Goosebumps novel – choose your own adventure.*



**BE “CHEEKY”**  
*Gen George, founder and managing director of OneShift*

► “To save some money in the beginning, I very cheekily printed out posters at work. I was the weirdo who was getting up at 5am and standing outside the Channel Seven studio in a OneShift T-shirt, thinking, *If someone sees this logo then a million people are going to go to the site.* Roll up your sleeves. People will say they're going to pay someone to do something, but that's \$20 an hour that could be spent on something else.”



## Pitch perfect!

THE THREE THINGS TO REMEMBER WHEN PITCHING TO INVESTORS

### ONLINE

1. **You have room to be as creative as possible, using visuals, videos and bright colours to attract the eye.**
2. **Don't overwhelm – sum up what your brand is about in as few sentences as possible, with graphics.**
3. **Keep it professional – a disorganised presentation reflects on your business.**

### VERBAL

1. **Nail your elevator pitch – a short description of what you're about and how you'll make them money.**
2. **Keep it smart, sassy and succinct, answering all the questions you know they're going to ask.**
3. **Wear something professional that makes you feel good – like the entrepreneur you are.**

### EMAIL

1. **You can afford to go into more detail than a quick pitch in person, but don't overdo it.**
2. **Keep it short and sweet, inviting further questions should they have any.**
3. **If you've met them before, mention the circumstances to jog their memory and help them put a face to the name.**



## KEEP IT SIMPLE

**Julie Stevanja,**  
*co-founder and CEO of online store Stylerunner*

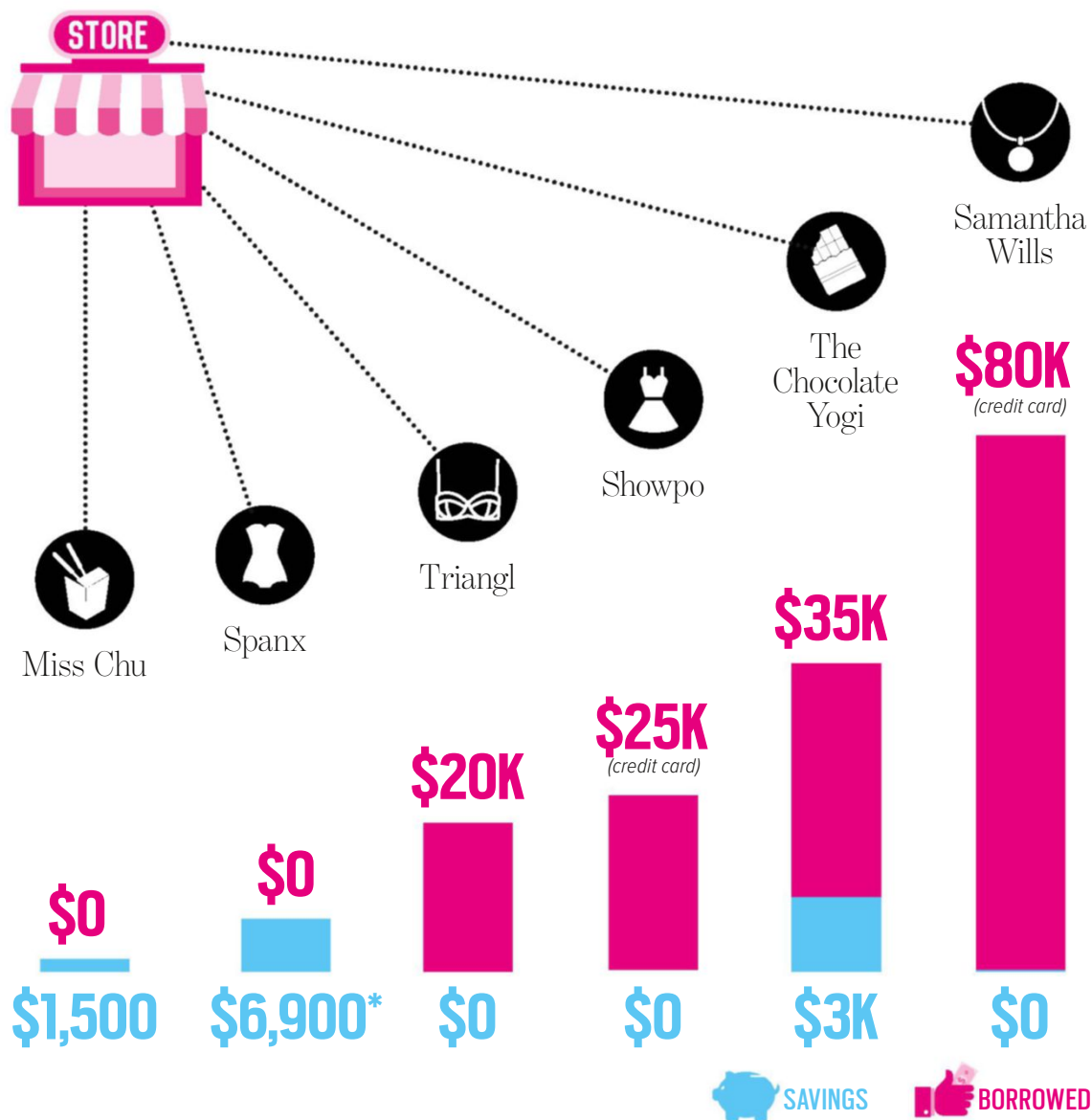
“Put your idea to market in the leanest way you possibly can. Don't make too many assumptions and investments before you test it. The ultimate test is when your site is live and what actually sells. For example, there was a whole category of yoga products we got from the US that was so stunning, had a huge celebrity following, but they were quite simple and we thought it would do well. It didn't actually move that well for us. So before you invest in things you think will sell, invest in a leaner way and let the sales data tell you what customers really want. For us, it meant investing in things that were more colourful, and with prints. Some of your assumptions might be wrong and that's not necessarily a bad thing, but learn and adjust to get the product right.”

►► “GIVE THEM QUALITY. THAT'S THE BEST KIND OF ADVERTISING.” – MILTON HERSHEY ◀◀



# ENOUGH MONEY TO START?

GOING FROM ZERO TO HERO IS NO EASY FEAT, BUT IF SPANX CAN TURN 7K INTO A BILLION DOLLAR BUSINESS, SO CAN YOU



## BUDGET BIG

Shelley Barrett, founder and CEO of ModelCo

"My biggest mistake was expanding too quickly and not budgeting enough. Now I always double the budget. Having a good amount of cash up-front is ideal. Whether you get it from family or save up or go to a bank and talk about your business strategy and have any forward orders (which gives the bank some comfort in giving you money) or potentially sharing the business with someone who can help provide the equity."



## Top 10 reasons start-ups fail

IT AIN'T ALWAYS ABOUT THE MONEY

- 1 Building something nobody wants
- 2 Hiring poorly
- 3 Lack of focus
- 4 Failing to execute sales and marketing
- 5 Not having the right co-founders
- 6 Chasing investors, not customers
- 7 Not making sure you have enough money
- 8 Spending too much money
- 9 Failing to ask for help
- 10 Ignoring social media

SOURCE: 100FIRSTHITS.COM. \*PRICE CONVERTED FROM USD AND CORRECT AT TIME OF SENDING TO PRINT. GETTY IMAGES

» "DOING BUSINESS WITHOUT ADVERTISING IS LIKE WINKING AT A GIRL IN THE DARK..."



# HOW TO RAISE FUNDS

FROM THE BRAIN OF KEET VAN  
ZYL, VENTURE CAPITALIST AND  
CO-FOUNDER OF KNIFE CAPITAL

1

## Check your accounts

If the money tree is nothing but a dried-out old shrub, van Zyl says to start with your immediate networks and ask friends and family. Another option is to be “revenue-funded”. “Get customers early on – you can perfect the product later on [when you have more dosh in the bank].”

2

## Figure out who to ask

Looking for money is hard, but there are many options available to start-ups. If you come up short, government funding grants exist for certain industries, and the local angel-investor market is expanding. A list can be found here: [pollenizer.com/funding-options-available-for-start-ups-in-australia](http://pollenizer.com/funding-options-available-for-start-ups-in-australia).

3

## Make a move

Getting investment is a networking game. Find ways to mingle with all the right people. Join business groups, attend talks from investors and keep an ear out for anything happening on the entrepreneur radar. And ask everyone you know for introductions – a personal intro to an investor can really go a long way.

4

## Close the deal

In the case of angel investors or venture capitalists, you offer a percentage of your company to the investor in return for their money. Make sure you offer a percentage that’s worth what they’re paying (e.g. what is 10 per cent of your company worth?). Before you sign anything, make sure you understand the terms and conditions.

YOU KNOW WHAT YOU’RE DOING, BUT NOBODY ELSE DOES.” – STUART HENDERSON BRITT ♦♦





# MONEY, MONEY & MORE MONEY

IT'S ALMOST IMPOSSIBLE TO  
KNOW EXACTLY HOW MUCH  
YOU'RE GOING TO NEED IN THE  
BANK TO SET YOURSELF UP. BUT  
IF YOU'RE SERIOUS ABOUT  
BEING AN ENTREPRENEUR,  
HERE'S AN IDEA OF WHAT YOUR  
CASH CAN GET YOU

## APP

### RESTAURANT OR SHOP

**The biggest cost  
is your location.**

Depending on  
whether you're  
renting or buying,  
in the city or a rural  
town, the costs  
vary greatly.

To establish your  
business/company,  
logo and licensing  
rights, it's **approx.  
\$3000**. On top of  
that, you need to  
factor in wages,  
insurance, etc.

#### **\$5000-\$15,000**

A basic, self-contained app with  
a very specific purpose (such as  
a calculator or page viewer). Any  
cheaper than this and quality  
might be questionable.

#### **\$20,000-\$80,000**

A complex app with more pages,  
user options and interaction with  
other online services (such as  
updated travel timetable apps  
and weather forecasters).

#### **\$100,000+**

A highly sophisticated app,  
such as a social network  
or banking service.

## WEBSITE

#### **\$0-\$100**

A basic,  
do-it-yourself  
site with set  
themes and  
limited  
customisation  
(e.g.  
WordPress).

#### **\$5000- \$20,000**

A small-scale  
site, set up by  
professionals  
with extras such  
as technical  
support and  
search-engine  
optimisation.

#### **\$50,000+**

A more  
complex site  
with interactive  
features, such  
as shopping  
carts,  
discussion  
boards, etc.





# The real cost of a start-up

Kristen Briggs recently started up the PCO Polynesian Coconut Oil company ([polynesiancoconutoil.com](http://polynesiancoconutoil.com)). She shares her process

	KRISTEN PAID	EXPECT TO PAY	WEBSITE
Business and company registration	\$599	Roughly the same.	<a href="http://trustdeed.com.au">trustdeed.com.au</a>
Registration of domain name (two years)	\$48	Roughly the same. You'll be charged more if you want to secure a global domain (approximately \$100 per year).	<a href="http://crazydomains.com.au">crazydomains.com.au</a>
Purchase of trademark	\$120	Roughly the same. To register it (which is not required, but is recommended for added legal protection) it's an additional \$300.	<a href="http://ipaustralia.gov.au">ipaustralia.gov.au</a>
Public and product liability insurance	\$1200 annually	The cost is not fixed and depends on a number of factors including the nature and size of your business.	<a href="http://mga.com">mga.com</a> (MGA Insurance Brokers Pty Ltd)
Logo design	\$550	Roughly the same, depending on design's complexity. From \$499, designers can create a custom logo and working website for you.	<a href="http://99designs.com.au">99designs.com.au</a>
Website template	\$150*	Roughly the same, depending on the design you choose.	<a href="http://themeforest.net">themeforest.net</a>
Website host	\$377 annually	Roughly the same.	<a href="http://bluehost.com">bluehost.com</a>
Web developer	\$390 (Kristen only needed minimal work on her website)	Between \$1500-\$3000 for a medium-sized project.	<a href="http://freelancer.com">freelancer.com</a>
Label design for bottles	\$90 (at mates rates from designer friend Angie Xu Design)	Between \$299-\$1199 depending on the experience of the designer and how many designs you want to choose from.	<a href="http://99designs.com.au">99designs.com.au</a>
Stock	\$10,000 initial investment	This is purely based on your business and what stock you need to purchase.	
Shipping	\$1600	This depends on how far the country you're shipping from is, the actual product you're buying and how much you're bringing in.	<a href="http://navia.com.au">navia.com.au</a>

**"I LAUNCHED MY BUSINESS WITH ALL MY SAVINGS"**

Peta Shulman, founder of GoodnessMe Box

"I had \$20K in my savings account and that's all I launched the business with.

I needed to grow a database within the first two months, as without an audience I wouldn't have brands that wanted to feature. I decided to go all out, launch with a bang and reach out to as many people as I could."

**"WE PAID FOR A DESIGNER"**

Ebonnie Masini-Thomson – co-founder of Masini & Chern

"Some templates on WordPress and Shopify are good but we wanted our site to have a certain look and be quite clean, which is hard to achieve if you use a template. We needed someone to do the coding. It was something we wanted to spend on instead of using a template and looking like another website."



# THE DOS & DONTs OF STARTING A BUSINESS WITH FRIENDS & FAMILY



IT CAN GET MESSY IF YOU'RE NOT CAREFUL, SO HERE ARE SOME TOP TIPS TO KEEP IT CLEAN AND 100 PER CENT PROFESSIONAL

do

- ✓ **Set rules and boundaries.** For example, "no working at home", "turn your work phone off when you leave the office", "set weekly meetings during work hours to discuss business issues", are all good places to start.
- ✓ **Recruit a professional** third party to resolve any potential disagreements that may arise.
- ✓ **Divide all problems into three categories:** individual, business and family. This will allow you

to think about solutions clearly and professionally.

- ✓ **Discuss how each other's performance** will be evaluated *before* you start working together.
- ✓ **Put it in writing.** Describe your role (title, responsibilities, role description and salary) early on, and have each other sign off on it.
- ✓ **If you intend to borrow** money from friends and family, tell them all the risks straight up. Treat them like investors.

don't

- ✗ **Treat workers differently.** Keep your conduct professional with everyone and, if in doubt, ask yourself "how would you react if this person wasn't related to you or your friend?"
- ✗ **Invest different amounts of money** and equity into the business. This keeps the stakes (and the power) equally shared.
- ✗ **Enter into business together** if you don't have the same goals.
- ✗ **Bring past experiences** and/or relationships into the workplace. Start afresh as business partners.

►► "DON'T FIND CUSTOMERS FOR YOUR PRODUCT. FIND PRODUCTS FOR YOUR CUSTOMERS." – SETH GODIN



# WHAT BRANDS GET RIGHT

By Roxy Jacenko, CEO at Sweaty Betty PR and The Ministry of Talent



## 1 HAVE A CLEARLY DEFINED SERVICE OR PRODUCT

You'd be amazed how many new businesses can't clearly articulate what it is that they do!

**2 HAVE A RELEVANT SOCIAL MEDIA STRATEGY** But one that makes sense for the brand. You can't just start an Instagram account and hope for the best; successful business social media needs thought.

**3 CONSISTENCY** Whether it's social media posts or responding to emails, consistency is rare yet valuable.

**4 BE REALISTIC** A lot of people get caught up in the "fun" parts and neglect the back end like accounts, legals and insurance.

**5 GO WITH YOUR INSTINCTS** If you think you have a great idea, run with it! Don't let anyone steal your enthusiasm.

## START-UP MOTIVATORS

# 30-40%

STARTED BY PEOPLE WHO WERE DISSATISFIED WITH PREVIOUS JOBS

# 25-30%

FUN PROJECTS THAT TURN INTO VIABLE BUSINESSES

# 20-25%

INSPIRED BY OTHER START-UPS



# READ YOUR WAY TO SUCCESS

*The five books every entrepreneur should definitely read*

1. #IFSHECAN – Jo Burstson
2. *Thinking, Fast and Slow* – Daniel Kahneman
3. *Rich Dad Poor Dad* – Robert Kiyosaki
4. *Lean In* – Sheryl Sandberg
5. *How to Win Friends and Influence People* – Dale Carnegie



# CONFES

*These intrepid entrepreneurs spill on some massive*



## 'IT DIDN'T WORK THE FIRST TIME, SO WE STARTED AGAIN'

ALYCE TRAN, FOUNDER AND CREATIVE DIRECTOR OF THE DAILY EDITED  
"IT'S NOT ALWAYS YOUR FIRST IDEA THAT'S YOUR BEST IDEA. TDE AS A WEBSITE HAS BEEN IN EXISTENCE FOR THREE YEARS, BUT THE WAY IT IS NOW, FOR UNDER A YEAR. WE SOLD CLOTHING BEFORE LEATHER GOODS AND OPERATIONALLY IT WAS A HARD BUSINESS TO RUN, SO WE CAME UP WITH THIS NEW ITERATION. YOU CAN SAY IT REALLY TOOK THREE YEARS TO BECOME WHAT IT IS TODAY, BECAUSE IT TRULY DID."



## 'TWO OF MY CO-FOUNDERS QUIT ON THE SAME DAY'

NIKKI DURKIN, FOUNDER OF 99DRESSES

"I brought on a co-founder, and during the 'honeymoon period' we also brought on board his best mate. After a few months we were butting heads on a lot of issues. I got a \$1.2 million fundraising deal signed and the next day met my colleagues for coffee. The money was about to hit our bank account and then they told me that they were both leaving. My mentor had warned me not to bring on board two best friends as co-founders, as he assumed they would gang up on me – advice that I ignored, but turned out to be true."



## 'I NEEDED A MENTOR'

PRU CHAPMAN, FOUNDER OF OWNERS COLLECTIVE

"I should have got a mentor sooner than I did. I had business knowledge so I thought I was going to cruise through it, but when I got a mentor on board, it just exponentially grew my business in a month or two. All the awesome business owners I know have mentors. I probably should have asked for help more, because I'm very driven, very entrepreneurial and independent – I don't ask for help often."

▶▶ "DON'T BE INTIMIDATED BY WHAT YOU DON'T KNOW. THAT CAN BE YOUR GREATEST STRENGTH"



# SIONS of an entrepreneur

*mistakes they made along the way. Learn from their errors...*



## 'I RACKED UP A MASSIVE TAX DEBT'

NAHJI CHU, FOUNDER OF VIETNAMESE FOOD CHAIN MISS CHU (MISSCHU.COM)

Nahji had to put her company into voluntary administration following a \$4 million tax debt she racked up. She now owns 20 per cent of the business after selling it off. "I grew fast, went global and I failed. I still own the brand, I'm still Miss Chu at the end of it all. I don't regret what happened because I still am a lot better having failed than to have not done what I did. Sure I've got to build the business up again and I have a lot less equity, but as a person I'm a lot stronger and I now know how to build a bigger company. I feel like Miss Chu is still a start-up brand."

## 'I PICKED THE WRONG PACKAGING'

KRISTEN BRIGGS, POLYNESIAN COCONUT OIL

"AFTER IMPORTING COCONUT OIL IN BOTTLES TO SYDNEY IN WINTER IT BECAME APPARENT THAT I HAD OVERLOOKED THE FACT THAT COCONUT OIL SOLIDIFIES UNDER 23 DEGREES. TO GET THE OIL OUT OF THE BOTTLE, I HAD TO HEAT IT TO TURN IT BACK TO LIQUID. THE PACKAGING HAD TO BE CHANGED. THIS WAS THE MOST COSTLY MISTAKE I MADE."

## 'NATURAL DISASTERS DRASTICALLY AFFECTED OUR SUPPLY'

DAVID FREEMAN, FOUNDER AND CEO OF H2COCO

"In the earlier years we faced a few challenges in supplying product to large grocery stores such as Coles and Woolworths. Factors affecting this included the drastic increase in demand along with H2Coco's very small business structure, as well as unforeseen natural disasters affecting our manufacturer. To ensure this did not happen in the future we secured supply contracts with six plants across three countries – the Philippines, Sri Lanka and Thailand. This protects us from supply issues arising from natural disasters."

## 'I WAS SCAMMED'

GEN GEORGE, FOUNDER AND MANAGING DIRECTOR OF ONESHIFT

"I thought I'd get some developers to do a proper website so I found some people. I paid \$2500 upfront and never heard from them again. That was a very quick lesson. I was very naïve and thought we'd be like Facebook in just two months. It takes a hell of a lot longer and a lot more money. It took me two years to get the \$2500 back."

AND ENSURE YOU DO THINGS DIFFERENTLY." – SARA BLAKELY, FOUNDER OF SPANX ➡





# THE BENEFITS OF CO-WORKING SPACES

*Murray Hurps, general manager of Australia's largest start-up co-working space, Fishburners, gives us the lowdown on joining a start-up community*

► Fishburners (fishburners.org) in Sydney is one of many co-working spaces in Australia, offering the chance to build your own business alongside other start-ups, and many other benefits – including free legal and accounting advice and a fully-stocked wine fridge. Sign us up!

## **SURROUNDED BY SUCCESS...**

Fishburners currently has 176 start-ups under the one roof. It is a large number of extremely talented people who are happy to help each other get off the ground.

**AIM FOR THE STARS...** Every day there is somebody doing something different, there is someone doing some amazing launch, or amazing fundraising or some other success

**WHERE TO GO?** **SYDNEY:** Fishburners (fishburners.org); The Ventura – Sydney's first co-working space designed specifically for women-led start-ups (theventura.com.au) **MELBOURNE:** The York Butter Factory (yorkbutterfactory.com) **BRISBANE:** River City Labs (rivercitylabs.net) **PERTH:** Spacecubed (spacecubed.com)



that makes you go back to your desk and think, *I've got to do something amazing*. It inspires you to do that and simultaneously you can go up to them and ask how they did it and get feedback.

**KEEP COSTS DOWN...** Hiring a desk in a collaborative space means you have more money to put towards other things. It costs \$400 per desk per month or \$40 per desk per day if someone prefers to "hot desk". It's just there to make sure people have a reason to work.

## GET SOCIAL

*If you want to be relevant, you need to make your business Facebook-friendly.*

**94%**  
OF SMALL BUSINESSES IN AUSTRALIA HAVE FB.

**1 in 4**  
AUSTRALIANS USE SOCIAL MEDIA TO FIND OUT ABOUT BRANDS OR BUSINESSES.

**64%**  
WOULD RECONSIDER A BUSINESS IF IT RESPONDED TO FEEDBACK-ON SOCIAL MEDIA.

**1 in 5**  
SMALL BUSINESSES HAVE PAID FOR SOCIAL MEDIA ADVERTISING.

SOURCE: STARTUP MUSTER; SENSUS SOCIAL MEDIA REPORT 2015

►► THE NUMBER OF FEMALE START-UP ENTREPRENEURS HAS RISEN 8% SINCE 2011.



AND I'LL WRITE ~~YOUR NAME~~ MY PLANS

[illegible]





I NEARLY  
DIED LAST  
NEW  
YEAR'S  
EVE...  
FROM  
ECSTASY”



# KATHERINE\*, 28, THOUGHT SHE WAS TAKING ECSTASY “SAFELY” – BUT AFTER WAKING UP IN HOSPITAL ON NEW YEAR’S DAY, SHE REALISED THERE WAS NO SUCH THING

Sylvia Choi, 25, was planning a big night out on November 28, 2015. The University of Sydney graduate, who worked as a pharmacist at Blooms The Chemist, was heading to Sydney’s Stereosonic festival with her boyfriend and some other friends. A few days before the festival, Sylvia and her boyfriend contacted a friend to get some ecstasy for the night. For \$120, they each bought two – one clear capsule of MDMA, and another yellow tablet, also containing MDMA, imprinted with the Snapchat ghost symbol. The man Sylvia bought the ecstasy tablets from warned her to “take them in halves”, but she allegedly replied, “Hmm [I] have a bad track record with halves lol.”

At 5.15pm on the day of the festival, Sylvia took her first half, and there are reports that soon after that she ingested more from a water bottle. By 8.40pm, she was having difficulty standing, and was rushed to Concord Hospital.

At 10.20pm that same night, Sylvia was pronounced dead.

Sylvia’s death happened almost exactly 20 years after the ecstasy-related death of teenager Anna Wood, which became a major news story at the time. Newspapers ran Anna’s face on the

front page, asking how the 15-year-old girl had accessed the drug, and why young people weren’t being educated about its risks. A biography was hastily written about Anna and her death, and sent out to high schools around the country. Her parents appeared on *60 Minutes* and became anti-drug crusaders. But it hasn’t worked. 20 years on, young women are still dying from drugs.

Ecstasy, the second most popular drug in Australia, is particularly dangerous because it’s often filled with nasty ingredients like household cleaning products. It can also cause hyperthermia, where your body can’t regulate temperature and becomes incredibly hot, incredibly quickly.

Since November 2014, there have been five ecstasy-related deaths in New South Wales alone. And just a week after Sylvia Choi died, a young man, this time at Adelaide’s Stereosonic festival, also overdosed and lost his life.

So what can be done to stop all of these senseless, tragic deaths? We spoke to Katherine\*, a 28-year-old who almost died of an overdose, about her experience. She agreed to talk to us in the hopes that readers will learn a lesson from her naivety about drug use. ➡➡



# IT COULD HAVE BEEN ME"

"THE FIRST THING I SAW WHEN I WOKE UP WAS MY BOYFRIEND ROB'S\* HAND HOLDING MINE. I remember seeing him sitting next to me and thinking how weird that was – usually, of course, he'd be lying next to me in bed. Why was he sitting next to me? Then I noticed the white hospital sheets, and the IV tube in my hand. Slowly it dawned on me that we weren't at home. This was not our bed. We were at the hospital because, the night before, I had almost died after taking ecstasy.

It was New Year's Eve, 2014. I love any excuse for a party, and New Year's is the ultimate night for me. Rob and I had bought expensive tickets to a party on Sydney Harbour way back in September, along with a few friends. I had a new dress, got my hair blow-dried, all the normal stuff. We bought a couple of ecstasy pills each, as well. Rob bought them – I wouldn't even know where to start looking!

Before that night, I'd probably had ecstasy seven or eight times. I wasn't a regular user but whenever there was a really big party, like a big birthday or my uni graduation, I would have one. And honestly? I loved it. You only needed to have one – half at the start, and half later in the night – to feel amazing. It was like being really tipsy in the best kind of way, all night – except you never got a hangover, and you never tipped into the messy drunk stage. Ecstasy just made me feel really happy; I forgot the stress of work and slipped into a sort of dream land when I had it. I never felt unwell from taking it, and none of my friends had ever had a bad experience after taking it.

Rob was much more used to taking drugs than I was. I wasn't naïve about it, but at 33 years old he was older than me (I was 27 at the time) and had

seen people have bad 'rolls' before. He always made sure we had water – but not too much, which can be dangerous – and he insisted on only ever taking half a pill at a time. It sounds really stupid, but I honestly thought I was taking ecstasy safely. It never occurred to me that anything bad would ever happen.

That night, we planned on taking two pills each over the course of the night. It was more than I'd had before, but I wasn't worried. Rob and I each took half before we left our place, and I kept the rest wrapped in foil in my bra. By the time the cab had dropped us off at the club, I was feeling buzzy and warm.

A few hours in, Rob and I took another half together. In the meantime, I had been sipping champagne with my girlfriends and dancing. I felt amazing. Then one of my girlfriends, Jen\*, said we should put the rest of the pills into a bottle of water and drink it. She said it was stupid to have the pills on us at a big club, where there'd probably be police and sniffer dogs on New Year's Eve. Rob wasn't there at the time, but it made sense so I did it. I crushed up the remaining two pills and another one Jen had, and we shared the water. Later, Jen told me that I'd had most of it. We had planned on saving some for Rob, but before I knew it, it was gone. I thought my biggest problem that night

would be Rob being annoyed that we had accidentally taken his last pill and not saved it for him.

Jen and I started dancing and then Rob joined us. After that, things got blurry; I don't remember much. Later, Rob told me I started shaking so much it was like someone had flipped a switch in my back, like a toy. He told me he was asking me questions, if I was alright, if I'd had the other pill, but it was like I couldn't hear him at all, even though I was looking right at him. It scares me to think that I was like that.

“  
Rob told me  
I started  
shaking  
so much it  
was like  
someone  
had flipped  
a switch in  
my back,  
like a toy  
”



Jen told Rob she and I had taken the rest of the pills. Right away, he reached out for me and felt how hot I was – I learnt later that I had hyperthermia, which is basically the opposite of hypothermia. It's a common negative side effect of ecstasy, and means your body can't regulate its temperature, so you get really hot. Like, super-hot. Rob said it was like touching a bar heater. Eventually, when this happens, your muscles break down and your kidneys fail. Then you die.

I don't remember anything else. Rob rushed me to hospital right away. He took me out of the club and hailed a cab to take us there – he figured it was easier to get a cab on New Year's than an ambulance. We got to emergency at St Vincent's Hospital and the doctors put me in a cold bath, administered a saline drip, and eventually pumped my stomach. Rob was there through it all, waiting outside with my older sister, Nadine\*. He made Jen come along, too, in case we had both had a dodgy pill. Doctors monitored her but she was fine.

It didn't really sink in that I really could have died until the doctor came in. She was young, for a doctor, and she looked me right in the eye when she told me what had happened the night before. She was pretty straightforward, and simply said, 'You had a blood alcohol reading of 0.06 (over the legal driving limit), according to your friend, you'd taken at least three pills, and you hadn't eaten much that day. Is that all correct?' I nodded. I remember Nadine, who is 10 years older than me, just shaking her head. I knew she would never tell Mum and Dad, but somehow it was even more shameful that she knew.

The doctor said, 'Well, that combination could have killed you. It very nearly did. If your boyfriend hadn't brought you in, you'd probably be dead right now.' She explained what they had done to help me, but I just kept thinking, 'I am so stupid'. I felt like an idiot for thinking I'd been taking ecstasy safely. Nadine was crying as the doctor explained what the stomach pump did and how my throat would be sore for a week or so.

I went home that afternoon and, for a few days, Rob and I were pretty quiet. We watched movies and read books, and didn't really go out. Eventually we both had a good long cry together – I think we were in shock about what happened and we needed a release.

I haven't touched pills again and I won't ever. Sitting in that hospital bed, watching my sister break down at the thought of me being so out of it I needed my stomach pumped, was really awful. I thought I was invincible, which is ridiculous. I'm just so grateful that Rob didn't hesitate in taking me to the hospital. He really did save my life."

## IS PILL TESTING THE SAFEST WAY TO MINIMISE DEATHS?

*It's a controversial idea the UK has already adopted – but would it work?*

Adriana Bucciatti, whose son, Daniel, died of a drug overdose in 2012 at Victoria's Rainbow Serpent Festival, has started a change.org petition to call for pill testing at festivals and dance parties, saying other police tactics like sniffer dogs and strip searches are ineffective in the war on drugs. At the time of writing, the petition had over 34,000 signatures.

Pill testing is common in the UK and Holland, where the Drugs Advice Bureau

ensures that every dance party is manned by first aid officers, has a chill-out room and plenty of water, and a pill-testing station. For as little as AUD\$2, partygoers can have their pills tested to see how potent they are, and what they're made of. Does it work? Well, since 2005, there've been between two and six (reports vary) ecstasy-related deaths in Holland, compared to five in a year, just in NSW. ■






Cosmo's  
little  
answers

*to life's*

big

questions





**DO I HAVE A BOOK IN ME? HOW DO WE RAISE GOOD PEOPLE? HOW OFTEN SHOULD I CALL MY MUM? WE'VE ASKED THE MOST FASCINATING PEOPLE WE KNOW TO TACKLE THE MOST DIFFICULT QUESTIONS WE COULD THINK OF – AND THE FUN ONES THAT WILL MAKE OUR LIVES JUST THAT LITTLE BIT EASIER. THEIR ANSWERS ARE LIFE-AFFIRMING, SURPRISING AND ENTERTAINING – AND MAY JUST CHANGE THE WAY YOU THINK...**

## **SHOULD I TEACH MY SON TO HOLD THE DOOR OPEN FOR WOMEN?**

*Interviewer Janice Turner*

When I do an interview with celebrities or politicians, I'll always note how they treat those "beneath" them. Do they thank the woman removing their plate? These are not just superficial traits: they reveal character. If I had a daughter, I would tell her: never marry a man who is rude to waiters.

So does a man opening doors for women come under charm and courtesy or is it a form of insidious sexism? I suppose it depends on how it's done. I've had doors opened in a patronising manner. Then again, when men hold doors without ostentation, smile and let me by first, I think, *what lovely manners*. So, yes, tell your sons – and your daughters – to do it. Who knows, opening doors for others could well open doors for them.

## **AM I BEING PAID ENOUGH?**

*Feminist fighter at the UK's Fawcett Society, Polly Trenow*

If a woman is asking this, the answer is almost certainly no!

## **HOW CAN I HAVE A BETTER RELATIONSHIP WITH MY BOSS?**

*Your (work) relationship counsellor, Corinne Mills*

Don't expect your boss to be your best friend – even the warmest of managers will sack you if they need to. But they should trust you to get on with the job, support you and deal fairly and honestly with any problems. Here's how to get a good rapport:

**1. INSTEAD OF ONLY EVER TELLING YOUR MANAGER** about problems, make sure you tell them all the things you've done well. It helps build their trust.

**2. OBSERVE THEIR COMMUNICATION STYLE.** It may feel like they want to micro-manage you – but perhaps they are simply reassured by detail and will leave you alone if you give them a clear explanation of your plan.

**3. IF YOU HAVE A TOXIC RELATIONSHIP,** find someone to talk to who can give you an objective view, like a career coach or HR. If you've been in this situation before, reflect on whether you could maybe be contributing to it.

## **WHERE SHOULD I VISIT BEFORE I DIE?**

*Cosmo's intrepid explorer, Emma Markezic*

*Get thee to the Cook Islands!* Not only is it super-close to Oz, making it affordable, it has the most glorious people and the most glorious lagoons on the whole coconut-loving planet. Hands down my favourite place. ➡



# SHOULD I FORGIVE MY EX?

Health guru  
Julie Powell

**HOLDING A GRUDGE IS BAD FOR YOUR HEALTH – IT QUITE LITERALLY WEIGHS YOU DOWN. IN A RECENT STUDY, PARTICIPANTS INDUCED TO FEEL FORGIVENESS PERCEIVED HILLS TO BE 5 DEGREES LESS STEEP AND JUMPED 7CM HIGHER ON AVERAGE THAN THOSE LESS MERCIFUL. SO, FORGIVE YOUR EX – NOT FOR HIM, BUT FOR YOU.**

## DOES HISTORY REALLY REPEAT ITSELF?

Award-winning journalist,  
author and broadcaster  
Jonathan Freedland

I agree with the saying “history doesn’t repeat itself, but it does rhyme”. I’ve learnt that, although no two events are exactly the same, whatever we’re grappling with now we have grappled with before. It’s astonishing how some common principles resurface.

Take the rise of computer games and the concerns that parents have about the impact on their children, fearing they will never go outside and will lose the art of human contact. Those very same fears, almost word for word, were expressed more than 250 years ago. And what sparked them? A novel! When Samuel Richardson wrote *Clarissa*, one of the first modern novels, there were reports of young women stuck

indoors, living in a fantasy world, barely communicating with their parents because they were just reading all the time. There was a moral panic – much like today. That’s why I’ve stopped using the word “unprecedented”. If only we and our leaders could learn the lessons of the past, we would save ourselves so much effort and pain. Just as my children can’t learn about, say, falling in love by hearing about it from me, so each generation has to learn the same lessons as the ones that went before, rhyming rather than repeating.

## WHICH SHOWS SHOULD I BE BINGE-WATCHING ON NETFLIX?

*Cosmo’s telly addict Lorna Gray*

► **NASHVILLE** We really don’t understand why everyone in the world isn’t raving about this show. It has it *all*. Hayden Panettiere and Connie Britton

are incredible as the biggest female country singers on the planet in an addictive power struggle. And the talent – both singing and acting – is off the charts. Expect drama, country music, romance, rhinestones...

► **SUITS** Straight-up addictive. The clever and witty dynamic between the male protagonists in a law firm will have you instantly hooked, but *Suits* has also got its fair share of kickass women. Trust us, you’ll watch five episodes back-to-back without even flinching.

► **MASTER OF NONE** Brought to us by and starring Aziz Ansari, aka one of our fave funny men from *Parks and Recreation*. It’s semi-biographical in that a lot of the comedy is based on Aziz’s own experiences.

► **NARCOS** After something grittier to fill the *Breaking Bad*-shaped void? Say hello to *Narcos*. The true-life story follows the badass Colombian kingpin Pablo Escobar and the almost unbelievable rise of his cocaine cartel and makes for edge-of-your-seat viewing. It’s bloody but brilliant.

## SHOULD I CARE HOW MANY INSTAGRAM FOLLOWERS I HAVE?

*Cosmo’s online guru, Emily Kerr*

It’s 100 per cent circumstantial as many people (*Cosmo’s* online team included) prefer to have Instagram as a more intimate affair for mates, in which case, they can have 10 followers and be perfectly happy. There has been a shift towards “keeping it real” of late. It’s important to make the distinction between Instagram life and real life ‘cos having anxiety about losing followers or how many likes you get is when it stops being

a grey area and actually enters worrying self-esteem-busting territory. Sure, it’d be great to be an influencer with heaps of followers, but at the end of the day, it’s unlikely all those followers are going to be the people who’ll give you a hug after a hard day, right?

## IS IT EVER WORTH MAKING YOUR OWN PASTA AT HOME?

*Celebrity chef Justine Schofield*

Making your pasta at home is 100 per cent worth it. There is nothing I love more than having my girlfriends over, opening a bottle of red wine and making pasta together. It’s like a therapy session! Pasta dough can be rolled by hand, but I prefer to use a machine, because I just don’t have the patience or the strength. What I love about making pasta is seeing two simple ingredients, flour and eggs, transform into something magical. My tips: use a finer flour like Tipo 00 and give it a really good knead to activate the gluten. Then let the machine do all the work.

## WHAT BOOK DO I NEED TO READ RIGHT NOW?

*Books editor Joanne Finney*

I’ve learnt that different books do different jobs. If you want something that lifts the spirits, for me that’s *Just Kids*, Patti Smith’s memoir about her early years in New York, which just fizzles with the promise of adventure. If I need a laugh, it’s *Me Talk Pretty One Day* by David Sedaris. I’ll read *To Kill a Mockingbird* by Harper Lee to restore my faith in humanity; and for a reminder of the real importance of friends, it’s Ann Patchett’s *Truth and Beauty*.






# ARE DESIGNER CLOTHES WORTH IT

*Cosmopolitan's fashion  
director, Nicole Adolphe*

*If it means you can't pay your rent and will only have one new item hanging in your wardrobe this season, then no. There are so many "inspired by" pieces available that unless you are seriously swimming in cash you should save your money. The quality of cheaper brands is not as good and they don't last as long as a Prada top would, but trends change and so it's unlikely you'll want to wear the top you bought (and splashed all over social media) next year. It's a different rule of thumb for accessories – my answer is YES, designer bags and shoes are investment pieces. ➡*

Put down the  
designer dress...  
but pick up that  
designer bag!





If you think you have  
a book in you, just sit  
down and write.

# DO I HAVE A BOOK IN ME

Literary agent Luigi Bonomi

*A writer is someone who writes.*  
Not someone who thinks they can write, or who simply wants to be a writer. I've been in this business for 30 years, and people always tell me about ideas they've had – everyone wants to write a novel. Having a good idea is just the beginning. Most people assume writing a book is easy, when in fact it's very hard work to sustain an idea for 80,000 words. So how do you know if that kernel of an idea can turn into a book? If it keeps coming back to you, start writing. Write one chapter, then another, and show them to a few good agents who can evaluate your work.

## WHAT CAN I SAY TO MY FRIEND WHO IS DYING?

*From Late Fragments by Kate Gross, who died of cancer*

"With my eyes closed, I feel a pleasant weight pressing on my shoulders. It is the weight of all the time [my husband] Billy and I have had with our friends, enveloping me like a heavy blanket. They are brave, these people. They were there the day after I was diagnosed, uninvited, hugging Billy and regaling me with their tales of dreadful in-laws that made me laugh so much my new scar throbbled. They are there when I come out of the scanning

machines, squeezing my hand as I fretfully try to interpret every look the radiographers give each other. They arrive at our door with elaborate dishes for lunch, and then do the washing up. Part of the reassuring weight I feel from these friendships comes from the discussions we have had about Afterwards. These are the kind of friends who want to be in my children's lives forever. The kind of friends who will buy seven-seater cars to ferry them around, as well as their own families. The kind of friends who'll tell stories of Mummy long after she's gone."

## HOW MUCH MAKEUP IS TOO MUCH MAKEUP?

*Beauty guru Bobbi Brown*

Women often think that piling on makeup will help them look better – but too much looks unnatural. Makeup should enhance your features, not overpower them.

I love a nude look for any occasion and environment,

as it flatters everyone and is almost mistake-proof. But nude doesn't mean bare-faced. The secret is to choose shades that are similar in tone to your complexion. My philosophy is for women to use products that play up their favourite features, rather than distort or change how they look. Makeup should be easy, and should make you



feel good. Looking your best is a combination of the right techniques, accepting things you can't change and having confidence in yourself.

## HOW OFTEN SHOULD I PHONE MY MUM?

*Journalist and good daughter  
Zoe Williams*

Here is the crucial difference between you and your mum: you probably want to call her when there is something to say. And if there's nothing urgent, you'll leave it till the end of the week. If your mother were honest, she'd like you to call her at the end of every day, just to establish you're alive. That's aside from the specific calls about stuff, which she'd like one at a time. Every day you don't call, it's a double build-up of not calling.

The good news is, every day you do call, she'll forgive you for the other days, unless you've left it so long (14 days – but this will differ in every household) that the defrosting process takes the entire length of the call (then there is no time to forgive you). If you're not careful, she'll always be a bit miffed that you didn't call sooner and every conversation will start with a squabble. So call. Call now. Call all the time!

## HOW CAN I TEACH MY CHILDREN TO BE GOOD PEOPLE?

*Every child's favourite author,  
Jacqueline Wilson*

I think that luck is involved. My daughter is a good person, but I'm not sure whether it had anything to do with me. From

the frank letters children send me, I can see that often they act up and are difficult because there are secrets in their family – they're kept in the dark about what's happening, and people don't understand the hurt and loneliness they feel. But if we respect our children, hopefully they'll respect us, and others.

Here is my advice: let your child have a pet. If a child has an animal, they'll learn to be responsible, how to care, that you've got to take your dog out even if you don't feel like it. If they feel they don't look or sound right, an animal doesn't give a damn. If you're kind to your pet, they'll love you. What better way is there to teach children to be good people?

## WHAT IS THE ANSWER TO LIFE?

*Author and intergalactic tour  
guide, Douglas Adams*  
42.

## HAVE I FULFILLED MY POTENTIAL?

*Your personal cheerleader,  
Baroness Margaret McDonagh*  
I've learnt that women often underestimate their potential and ability. We're so caught up with getting stuff done that we don't stand back and think about what we could achieve. So how do you get closer to fulfilling your own potential? Ambition is a state of mind. It's important to have big dreams and to refuse to let anything get in your way. Don't try to be good at everything, and surround yourself with people who support you.

So have I fulfilled my potential? No! Neither have you. Our potential is limitless.

## WHY SHOULD I CARE ABOUT OTHERS' RIGHTS?

*Human rights heroine,  
Helena Kennedy QC*

Because they are inextricably bound up in our own. I often find myself telling a jury that the reason we don't find people guilty too readily is for the protection of us all. One day it could be your child or your partner in the dock who is being wrongly accused. While lowering standards of proof because we are dealing with rape or child abuse is tempting, it would damage the fabric of our system of law and human rights. Society needs to have a framework of protections for people, especially when there are security, economic or other threats making them fearful. It is easy to look for folk to blame for social ills. It is easy to think *this will never affect me*. But any of us may face poor treatment when we're old and in a home or when the health or education system fails. I do not believe we can live together in peace

if we do not strive to create an equal world. That does not mean everyone being the same. It means respecting the dignity and rights of the other.

## WHY ARE MY DREAMS SO WEIRD?

*Psychologist Ian Wallace*

Your dreams may seem odd, but often most of the content will be quite familiar to you. The strangeness lies in the connections between those images – a dream that *Mad Men's* Jon Hamm is helping you look for your spatula may seem utterly bizarre, but all you are doing is connecting two aspects of your waking life. The weirder the dream seems, the more likely it is that you are unconsciously coming up with a particularly inventive solution to some challenge you may be facing.

# SHOULD I GET THERAPY?

*Always honest professor, Tanya Byron*

IF THE DIFFICULTIES YOU'RE EXPERIENCING ARE HAVING A SUSTAINED IMPACT ON THE QUALITY OF YOUR LIFE, IF YOU'RE IN A DARK PLACE AND CAN'T FIND A WAY OUT, THEN THERAPY CAN BE LIFE-SAVING. BUT WE MUST NOT LOSE OUR BELIEF IN OUR OWN RESILIENCE AND THE RELATIONSHIPS AROUND US, WHICH CAN OFFER SUPPORT. ■

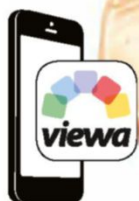


# BRUSH HOUR

*Say hello to your best base ever with the Real Techniques Core Collection*

## THE DETAILER BRUSH

Precision cut to get into those tricky areas such as the inner corners and under the eyes, it makes applying concealer a cinch and can even do double-duty as a lip brush, providing great definition. Just make sure you push the brush into the skin rather than drag it for better coverage.



### CLICK TO BUY AND WATCH MAKEUP TUTORIALS

Using the free **viewa** app, scan this page to purchase the products and check out the Real Techniques You Tube for how-to videos from Sam & Nic Chapman.

## THE CONTOUR BRUSH

The Kardashians will have nothing on your contouring skills with this brush. Use with your favourite highlighter to bring a youthful glow to your cheeks, then apply bronzer into the contours to help shape your face.

## THE BUFFING BRUSH

Ideal for full-coverage application of powder and mineral foundation, as well as blush, bronzer and highlighter.

It also works well with cream-to-powder products, allowing you to really work them into the skin.

## THE POINTED FOUNDATION BRUSH

Perfect for liquid foundations, this brush helps you build up a custom coverage. It's great for getting around the nose and eyes, and can be used to apply concealer, too.

**WHAT'S THE SECRET** to a fresh, flawless complexion? The perfect base of course – and it all starts with the right brushes. Created by international makeup artists Samantha and Nicola Chapman (and considered a must-have in their kits), the Real Techniques Core Collection has everything you need to create a glowing, high-definition canvas from start to finish. The multi-tasking brushes make it easy to evenly apply foundation, concealer, blush and bronzer, and even contouring is a breeze. Plus, the super-soft synthetic bristles mean the brushes can work with both cream and powder formulations. Priced at under \$50, it proves you don't need to spend a fortune to look a million bucks.



## BARGAIN BUY

The Real Techniques Core Collection has all bases covered – and for just \$47.50!  
[realtechniques.com.au](http://realtechniques.com.au)

real  
**Techniques**  
by Sam & Nic Chapman



LET'S GO

# SHOPPING

## LOVE IS IN THE AIR

It's a love story... starring you  
and a wardrobe packed with  
dreamy, romantic pieces

STYLING BY NICOLE ADOLPHE. PHOTOGRAPHY BY TANE COFFIN. HAIR AND MAKEUP BY BUDI JUSPANDI USING BOBBI BROWN AND ORIBE HAIR CARE. MODEL: LISE OLSEN/IMG. SHOT ON LOCATION THANKS TO SOUTH AFRICAN TOURISM (SOUTHAFRICA.NET). THE COSMO TEAM TRAVELLED COURTESY OF SOUTH AFRICAN AIRWAYS (FLYSAA.COM).



# Just CRUISING

*Set sail for somewhere  
exotic in alluring shapes  
and bold cut-outs*

STYLING BY NICOLE ADOLPHE  
PHOTOGRAPHY BY KANE SKENNAR







**Swimsuit:** \$190,  
Alice McCall  
(alicemccall.com).  
**Necklace:** \$7.95,  
H&M (hm.com/au).  
**Bangles:** \$12.99;  
**rings:** \$9.95 for set,  
all Colette by Colette  
Hayman (colette  
hayman.com.au).

**OPPOSITE PAGE**  
**Swimsuit:** \$210,  
Fella (fellaswim.com).  
**Necklace:** \$390;  
**bracelet:** \$380,  
both Ford + Harris  
(fordandharris.com).



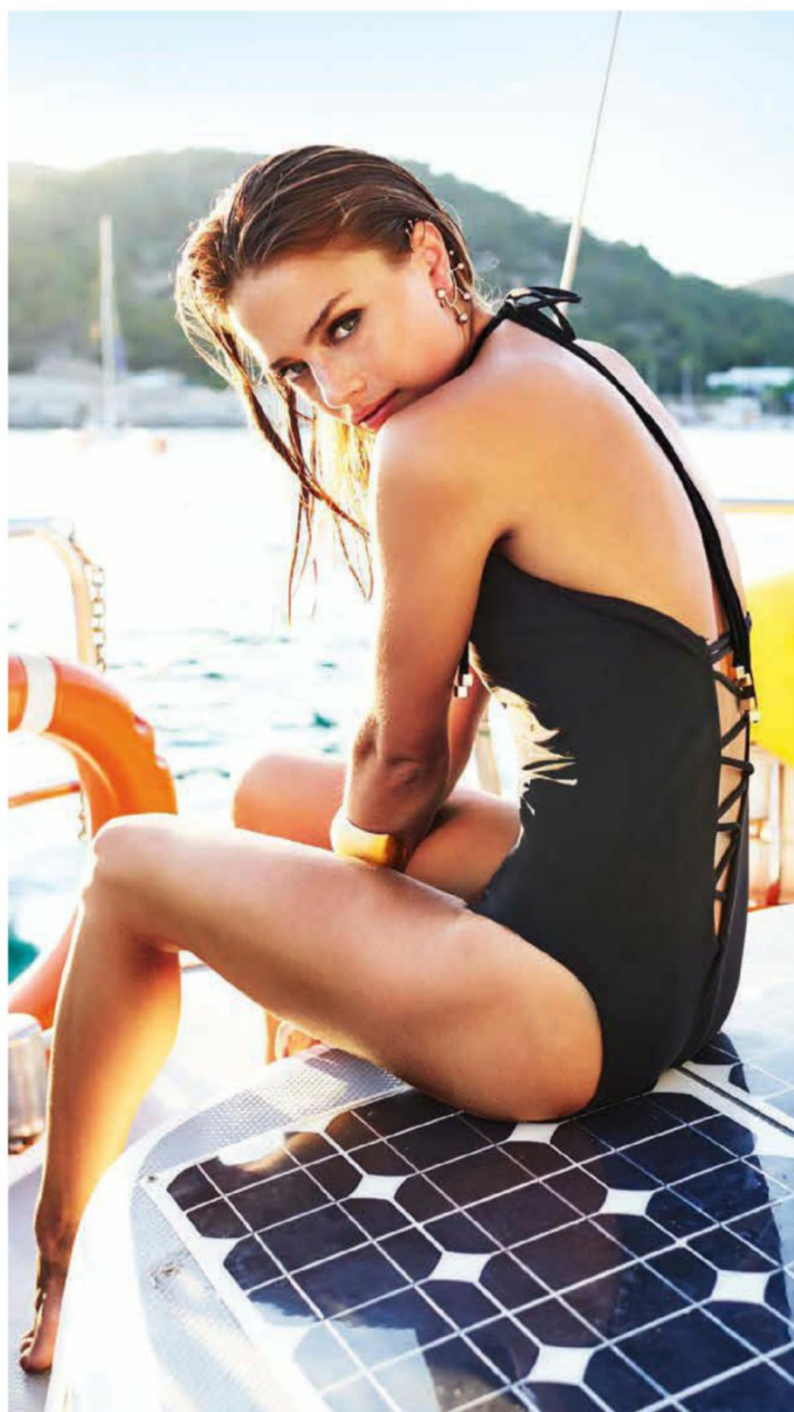


**Jessica wears**  
**Bikini top:** \$120;  
**bottoms:** \$80,  
both Bec & Bridge  
(becandbridge.com.  
au). **Earrings:** \$12,  
River Island (au.  
riverisland.com).  
**Rabel wears**  
**Jeans:** \$59.90,  
Uniqlo (uniqlo.com).

## BEAUTY NOTE

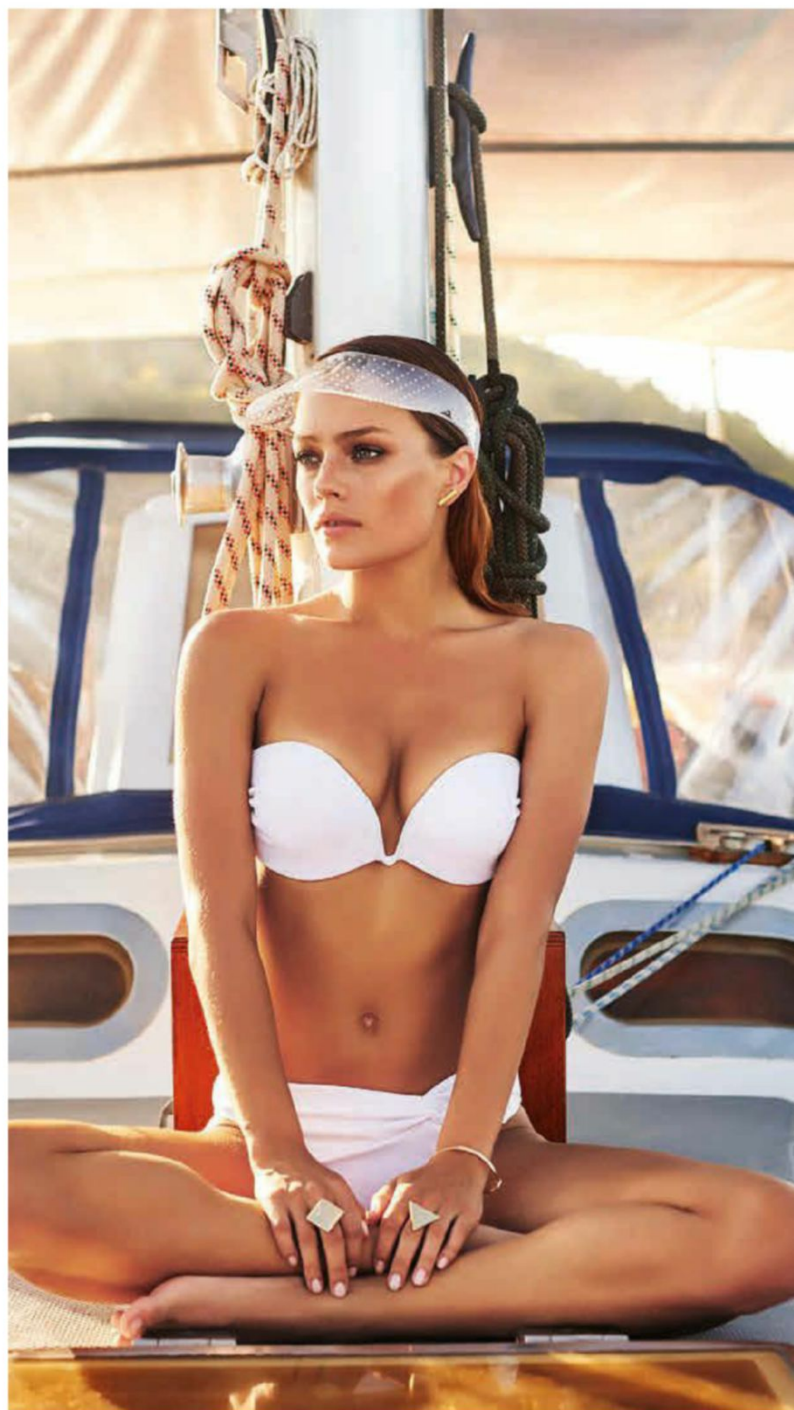
For skin that looks sunkissed but stays healthy, use a tan drenched in cocoa butter and coconut oil like Palmer's Cocoa Butter Formula Natural Bronze Gradual Tanning Moisturizer, \$13.99.





**ABOVE LEFT Swimsuit:** \$200, Fella ([fellaswim.com](http://fellaswim.com)). **Earrings:** \$59.95, Liberté ([liberte.com.au](http://liberte.com.au)). **Cuff:** right arm \$219, Krystle Knight Jewellery ([krystlenightjewellery.com.au](http://krystlenightjewellery.com.au)); left arm \$189, 32.4 ([thirtytwopointfour.com](http://thirtytwopointfour.com)). **ABOVE RIGHT Swimsuit:** \$149.95, Midnight Swim ([midnightswimwear.com](http://midnightswimwear.com)). **Ear cuff:** \$129 for pack of 3, Mimco ([mimco.com.au](http://mimco.com.au)). **Cuffs:** \$299 each, Brushed Silver ([iconajewellery.com](http://iconajewellery.com)).





**ABOVE LEFT Bikini:** \$240, Zimmermann ([zimmermannwear.com](http://zimmermannwear.com)). **Earrings:** \$39.95, Liberté ([liberte.com.au](http://liberte.com.au)). **Choker:** \$12.95, H&M ([hm.com/au](http://hm.com/au)). **Necklace:** \$12.99, Colette by Colette Hayman ([colettehayman.com.au](http://colettehayman.com.au)). **ABOVE RIGHT Bikini top:** \$99.95; **bottoms:** \$69.95, both Jets by Jessika Allen ([jets.com.au](http://jets.com.au)). **Visor:** \$129.99, Bei Na Wei ([beinawei.com](http://beinawei.com)). **Earrings:** \$39.95; **bangle:** \$49.95, Liberté ([liberte.com.au](http://liberte.com.au)). **Rings:** \$9.95 for set, H&M ([hm.com/au](http://hm.com/au)).





**Jessica wears**

**Bikini:** \$169, Suboo (suboo.com.au).

**Earrings:** \$120, Emelli (emelli.co). **Bangle:** \$25 for set of two, River Island (au.riverisland.com).

**Rabel wears**

**Jeans:** \$59.90, Uniqlo (uniqlo.com).

**Hair and makeup** by Natalia Sprem using MAC Cosmetics and Palmer's. **Model:** Jessica/Ice Models.

The *Cosmo* crew travelled with Busabout (busabout.com). Yacht from ibizasailingpleasure.com.

6ªCO-1-3-14



# THE HONEYMOONERS

*Sun, sand and a sweet ride around Cape Town*



STYLING BY **NICOLE ADOLPHE** PHOTOGRAPHY BY **TĀNE COFFIN**



**Top:** \$169, MLM (mlmlabel.com). **Shorts:** \$129.95, Ministry of Style (ministryofstyle.com.au). **Hat:** \$120, 66 the Label (66thelabel.com). **Bag:** \$259, Tilkah (tilkah.com.au). **Earrings:** \$69; **crescent necklace:** \$35; **circle necklace:** \$59, all Wanderlust + Co (wanderlustandco.com.au). **Star necklace:** \$7.96, Colette by Colette Hayman (colettehayman.com.au). **Bracelets:** \$159 each, Canan (canancollection.com). **Ring:** \$79.95, Mimco (mimco.com.au).

#### OPPOSITE PAGE

**Lise wears Dress:** \$380, Shona Joy (shonajoy.com.au). **Backpack:** \$149, Country Road (countryroad.com.au). **Sandals:** \$109.95, Sol Sana (sol-sana.com.au). **Necklace:** \$59; **bangle: right arm** \$39, both Wanderlust + Co (wanderlustandco.com). **Bangle: left arm** \$149, Samantha Wills (samanthawills.com). **Chris wears Shirt:** \$119.95, Witchery (witchery.com.au). **Shorts:** \$29, Target (target.com.au). **Shoes:** \$249, Calibre (calibre.com.au).





**Lise wears** Bikini top: \$142; bottoms: \$142, both Marysia ([marysiaswim.com](http://marysiaswim.com)). Necklaces: top \$149; bottom \$120; cuffs: right arm \$169; left arm \$179, all Samantha Wills ([samanthawills.com](http://samanthawills.com)). Ring: worn throughout \$169, Thomas Sabo ([thomassabo.com](http://thomassabo.com)). **Chris wears** Shorts: \$29.95, H&M ([hm.com/au](http://hm.com/au)).







**ABOVE LEFT Playsuit:** \$550, Zimmermann ([zimmermannwear.com](http://zimmermannwear.com)). **Crescent necklace:** \$35; **bracelets:** *right arm taupe* \$45; *pink* \$59, all Wanderlust + Co ([wanderlustandco.com](http://wanderlustandco.com)). **Star necklace:** \$7.96, Colette by Colette Hayman ([colettehayman.com.au](http://colettehayman.com.au)). **Wrap bracelet:** \$90, Code Love ([codelove.com.au](http://codelove.com.au)). **Cuff:** \$350, Ford + Harris ([fordandharris.com](http://fordandharris.com)). **ABOVE RIGHT *Lise* wears Dress:** \$750, Zimmermann ([zimmermannwear.com](http://zimmermannwear.com)). **Necklace:** \$59, Wanderlust + Co ([wanderlustandco.com](http://wanderlustandco.com)). **Cuff:** \$350, Ford + Harris ([fordandharris.com](http://fordandharris.com)). ***Chris* wears Shirt:** \$119.95, Witchery ([witchery.com.au](http://witchery.com.au)). **Pants:** \$279, Calibre ([calibre.com.au](http://calibre.com.au)).





**ABOVE LEFT** Top: \$149.95, C/meo Collective ([cmeocollective.com](http://cmeocollective.com)). Skirt: \$450, Zimmermann ([zimmermannwear.com](http://zimmermannwear.com)). Earrings: \$79.95, Mimco ([mimco.com.au](http://mimco.com.au)). Star necklace: \$7.96, Colette by Colette Hayman ([colettehayman.com.au](http://colettehayman.com.au)). Crescent necklace: \$35; circle necklace: \$59; bangle: \$39, all Wanderlust + Co ([wanderlustandco.com](http://wanderlustandco.com)). Ring: \$79.95, Mimco ([mimco.com.au](http://mimco.com.au)). **ABOVE RIGHT** Lise wears Dress: \$89.95, Minkpink ([minkpinkworld.com](http://minkpinkworld.com)). Bracelet: \$90, Code Love ([codelove.com.au](http://codelove.com.au)). Bag: \$245, Karen Walker ([karenwalker.com](http://karenwalker.com)). Chris wears Shirt: \$110, Vanishing Elephant ([vanishingelephant.com](http://vanishingelephant.com)). Shorts: \$89.95, Country Road ([countryroad.com.au](http://countryroad.com.au)).





**Top:** \$69.95, Minkpink  
(minkpinkworld.com). **Skirt:**  
\$320, Aurelio Costarella  
(aureliocostarella.com). **Shoes:**  
\$129.95, Nine West (ninewest.  
com.au). **Sunglasses:** \$149,  
Mimco (mimco.com.au).  
**Necklace:** \$59, Wanderlust + Co  
(wanderlustandco.com).  
**Bangles:** *thin* \$189; *thick* \$149  
each, all Samantha Wills  
(samanthawills.com).

**Hair and makeup by Budi  
Juspani using Bobbi Brown  
and Oribe Hair Care. Models:  
Lise Olsen/IMG; Chris/Chic  
Management. Shot on location  
thanks to South African  
Tourism (southafrica.net). The  
Cosmo team travelled  
courtesy of South African  
Airways (flysaa.com).**





# Wild and Free

*Get back to nature and enjoy  
the simple things with neutral,  
earthy tones and bare skin*

STYLING BY CHARLOTTA BACKLUND  
PHOTOGRAPHY BY KANE SKENNAR





**Pants:** \$450, Kaliver (kaliver.com). **Earrings:** \$160, Ford + Harris (fordandharris.com). **Feather necklace:** \$229.95, Nat Kent (natkent.com.au). **Chain necklace:** \$120; **rings:** \$99 for set, all Samantha Wills (samanthawills.com). **Jewellery tattoos:** worn throughout \$19.99 for set, Wonderstripes (wonderstripes.com.au).

**OPPOSITE PAGE**

**Kimono:** \$349, Stevie May (steviemay.com.au). **Bikini top:** \$110; **bottoms:** \$90, both Bec & Bridge (becandbridge.com.au). **Shoes:** \$249, Lilya (ilovelilya.com). **Necklace:** \$12.95, Colette by Colette Hayman (colettehayman.com.au).



**Top:** \$179.95, C/meo Collective (cmeocollective.com). **Bikini bottoms:** \$89, Daniel Avakian (danielavakian.com). **Shoes:** \$280, Bec & Bridge (becandbridge.com.au). **Necklace:** \$300, Au Revoir Les Filles (aurevoirlesfilles.com). **Rings:** from \$89, Samantha Wills (samanthawills.com). **Bag:** \$89.95, Sportscraft (sportscraft.com.au).

**OPPOSITE PAGE**

**Bikini top:** \$178; **bottoms:** \$123, both Kiini (kiini.com). **Top:** \$69.95, H&M (hm.com/au). **Choker:** \$9.95 Colette by Colette Hayman (colettehayman.com.au). **Necklace:** \$290, Maniamania (themaniamania.com).











**Top:** \$260, Alice McCall (alicemccall.com). **Shorts:** \$129, Stevie May (steviemay.com.au). **Ring:** \$192, Alex Monroe (03 5962 5535).

**OPPOSITE PAGE**

**Dress:** \$70, Asos (asos.com/au). **Hat:** \$36, Next (nextdirect.com). **Bangles:** \$149 each, 32.4 x Georgia Alice (thirtytwopointfour.com). **Ring:** \$330, Natalie Marie Jewellery (nataliemariejewellery.com).











A woman with long brown hair is standing on a sandy beach, looking back over her shoulder. She is wearing a large, wide-brimmed straw hat with a woven pattern. Her bikini is black with a textured, possibly sequined or beaded, back panel. She is also wearing a silver-toned cuff bracelet on her right wrist and a matching bracelet on her left wrist. The background shows the ocean with gentle waves and some rocky formations in the distance under a bright sky.

## BEAUTY NOTE

A day beachside can leave skin dry. Rehydrate with a coconut oil-drenched lotion like Palmer's Coconut Oil Formula with Vitamin E Body Lotion, \$9.99.

**Bikini top:** \$99.95; **bottoms:** \$89.95, both Midnight Swim ([midnightswimwear.com](http://midnightswimwear.com)).  
**Hat:** \$79.95, Fiona Powell ([kasmodesign.com.au](http://kasmodesign.com.au)).  
**Earrings:** \$160, Ford + Harris ([fordandharris.com](http://fordandharris.com)).  
**Cuff:** \$139, Krystle Knight Jewellery ([krystleknightjewellery.com](http://krystleknightjewellery.com)).

### OPPOSITE PAGE

**Top:** \$150, Hansen & Gretel ([hansenandgretel.com](http://hansenandgretel.com)). **Skirt:** \$69.95, H&M ([hm.com/au](http://hm.com/au)).  
**Shoes:** \$99.95, Country Road ([countryroad.com.au](http://countryroad.com.au)). **Bangle:** \$49.95, Liberté ([liberte.com.au](http://liberte.com.au)). **Rings:** from \$71, Kirstin Ash ([kirstinash.com](http://kirstinash.com)).

**Hair and makeup by** Natalia Sprem using MAC Cosmetics.  
**Model:** Gabrielle C/Vivien's.  
**The Cosmo team travelled with** Busabout ([busabout.com](http://busabout.com)). Thank you to Menorca a Cavall Horseriding ([menorcaacavall.com](http://menorcaacavall.com)).



# YOU'RE AN APPLE



← Large  
bust

← No  
defined  
waist  
line

# DRESS YOUR BODY BETTER

No matter the size of  
your hips, bum and  
thighs, here are the  
perfect pieces for you

*All models wear*  
**Bra:** \$20; **underwear:**  
\$9.95, Cotton On Body  
(cottononbody.com.au).

**Mercy wears Top:** \$350,  
Arnley (arnley.com.au).  
**Pants:** \$69.95, Zara  
(02 9376 7600). **Shoes:**  
\$49.95, Rubi (rubishoes.  
com). **Cuff:** \$40, Kookai  
(kookai.com.au). **Bag:**  
\$29.95, H&M (hm.com/au).







**\$70, Boohoo**  
(boohoo.com)



Boxy shapes like this top are chic and flattering.

**\$245, Thursday Sunday**  
(thursdaysunday.com)



**\$90, Topshop**  
(topshop.com)



**\$69.95, H&M** (hm.com/au)



**\$329, Ted Baker**  
(tedbaker.com/au)



An A-line dress is a great shape that smooths out your middle and hips.

**\$39.95, Cotton On**  
(cottonon.com)



**\$149, Jets**  
(jets.com.au)

A sweetheart neckline is great for a bigger bust.



**\$179.95, Keepsake**  
(keepsakethelabel.com.au)



**\$45, Sunny Girl**  
(sunnygirl.com.au)



**\$149, Samantha Wills**  
(samanthawills.com)



**\$160, Kookai**  
(kookai.com.au)

Avoid anything too clingy – skirts that flare out are ideal.



**\$149.50, Finders Keepers**  
(finderskeepers.thelabel.com.au)



# YOU'RE AN HOUR- GLASS



**Jacquie wears Dress:** \$500, By Johnny (byjohnny.com.au). **Trench:** \$139, Staple the Label (staplethelabel.com). **Shoes:** \$429, Ginger & Smart (gingerandsmart.com). **Bracelets:** \$199 each; *chain* \$79; **ring:** \$169, all Najo (najo.com.au).





**\$159.95, Ministry of Style**  
(ministryofstyle.com.au)



**Bikini top: \$143;**  
**bottoms: \$143, Marysia**  
(marysiaswim.com)



**\$299, Saba**  
(saba.com.au)



**\$119.95, Staple the Label**  
(staplethelabel.com)

**\$169, Ginger & Smart**  
(gingerandsmart.com).



*Belts are your best accessory and will help pull flowy pieces in.*



**\$140, Kookaï**  
(kookai.com.au)



**\$159, Zara**  
(02 9376 7600)



**\$699, Ginger & Smart**  
(gingerandsmart.com)



**\$399, Viktoria + Woods**  
(viktoriaandwoods.com.au)



**\$370, Sass & Bide**  
(sassandbide.com)



**\$340, Maniamania**  
(themaniamania.com)

**\$139, MLM**  
(mlmlabel.com)

*Look for a coat with a waist tie to avoid adding bulk in colder weather.*

*A figure-hugging pencil skirt is perfect for your shape.*



# YOU'RE A PEAR



**Fenna wears Top:** \$79.95, Witchery (witchery.com.au). **Skirt:** \$69.95, Zara (02 9376 7600). **Shoes:** \$160; **rings:** right hand \$25; left hand \$30 each, all Kookai (kookai.com.au). **Bag:** \$289, Deadly Ponies (deadlyponies.com).



**\$220, Shona Joy**  
(shonajoy.com.au)

**\$159, Suboo**  
(suboo.com.au)

*Details like bows draw attention to your upper body.*

**\$180, Bec & Bridge**  
(becandbridge.com.au)

**\$119.95, Bluejuice**  
(seduce.com.au)

*Try a strapless jumpsuit with wide legs to skim over your hips.*

**\$90, Kookai**  
(kookai.com.au)

**\$69, Krystle Knight Jewellery**  
(krystle.knightjewellery.com)

**\$9.95, H&M**  
(hm.com/au)

**\$229, Saba**  
(saba.com.au)

**\$343, Marysia**  
(marysia.swim.com)

**\$189, Peter Lang** (02 9319 7033)

**\$149.95, Finders Keepers**  
(finderskeepers.thelabel.com.au)

*Off-the-shoulder pieces help to balance out your proportions.*

**\$90, River Island**  
(au.riverisland.com)

**\$55, Sunny Girl**  
(sunnygirl.com.au)

*Full skirts have a hip-minimising effect as they emphasise your waist but nothing below.*



# YOU'RE ATHLETIC

**Madi wears Dress:**  
\$399, Lucy McIntosh  
(lucymcintoshlabel.com).  
**Rings:** \$24.95 each,  
Sportsgirl (sportsgirl.com.  
au). **Jacket:** \$320, Dress  
Up (dressup.net.au).



← *Toned  
muscles*

← *Slim  
figure*







**\$249, Saba**  
(saba.com.au)



**\$109.95, Staple the Label**  
(staplethe  
label.com)



**\$320, Alice McCall**  
(alicemccall.  
com)

**\$269, Third Form**  
(third  
form.com.au)

*Ruffles are a soft shape that will accentuate your figure.*



**\$189.95, Deadly Ponies**  
(deadlyponies.com)



**\$89.95, French Connection**  
(frenchconnection.  
com.au)



**Bikini top: \$69.95; bottoms: \$69.95, Witchery**  
(witchery.com.au)



**\$220, Bec & Bridge**  
(becandbridge.  
com.au)



**\$139.95, Finders Keepers**  
(finderskeepers  
thelabel.com.au)

*Pair a crop with high-waisted bottoms that cover the navel.*



**\$390, YB J'aime**  
(yeojinbae.com)



**\$199.95, C/meo Collective**  
(cmeocollective.com)

*Pastel colours and lace immediately create a softer vibe.*



**\$99.95, Mimco**  
(mimco.  
com.au)



# YOU'RE AN INVERTED TRIANGLE



**Jaimie-Lee wears**  
**Top:** \$39.95, Sunny Girl  
(sunnygirl.com.au). **Skirt:**  
\$99.95, Witchery (witchery.  
com.au). **Jacket:** \$109.95,  
Sportsgirl (sportsgirl.  
com.au). **Necklace:** \$49,  
Disney Couture  
(disneycouture.com.au).







**\$130, River Island**  
([au.riverisland.com](http://au.riverisland.com))

*Longline jackets that skim over your shoulders will make you less top heavy.*



**\$130, Kookaï**  
([kookai.com.au](http://kookai.com.au))



**\$39.95, H&M**  
([hm.com/au](http://hm.com/au))

*A V-neck draws the eye vertically rather than horizontally.*



**\$79.99, Roxy**  
([roxyaustralia.com.au](http://roxyaustralia.com.au))



**\$50, Boohoo**  
([boohoo.com](http://boohoo.com))



**\$50, River Island**  
([au.riverisland.com](http://au.riverisland.com))

*Go for a short strap or clutch – a long strap will emphasise shoulders.*



**\$89.95, Zara** (02 9376 7600)



**\$319, Albus Lumen**  
([albuslumen.com](http://albuslumen.com))



**Bikini top: \$80; bottoms: \$55, Palm** ([www.palmswimwear.com](http://www.palmswimwear.com))



*Fuller, structured skirts help widen your bottom half.*

**\$280, By Johnny**  
([byjohnny.com.au](http://byjohnny.com.au))



**\$279.95, Scotch & Soda**  
([scotch-soda.com.au](http://scotch-soda.com.au))



A full-page advertisement featuring two models. The model on the left is wearing a black, draped, open-front jacket over a long, flowing skirt with a vibrant, fiery orange and red pattern. She has blonde hair in a high ponytail and is looking off to the side. The model on the right is wearing a black, form-fitting dress with a high slit, featuring a pattern of Stormtroopers in white armor. She has dark eye makeup and is looking towards the camera. The background is a solid dark blue.

# OUT IN FORCE

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To celebrate the launch of  
*Star Wars: The Force Awakens*,  
COVERGIRL & Romance Was Born  
join forces and reimagine your  
favourite *Star Wars* characters.  
The result? Out-of-this-world beauty  
and fashion inspo. All you've got  
to do is pledge your light/dark side  
allegiance and choose your look.

**STAR**  
THE FORCE AWAKENS  
**WARS**  
ONLY IN CINEMAS

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COVERGIRL®

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# THE DARK SIDE THE LOOK: THE DARK APPRENTICE

Release your inner dark side with this sexy yet sinister collection by **Romance Was Born**. The modern, flared silhouettes, brought to life by a devious colour palette, guarantee totally next-level rebel status.

**BEAUTY NOTE:** Master the Dark Side's seductive look by opting for **COVERGIRL'S** bold and fierce **Dark Apprentice** makeup.

## COVERGIRL X STAR WARS:

Romance Was Born exclusive capsule collection **Dark Side**. (From left)

**Earrings:** \$290, Ill by Helen Cauchi (helencauchi.com). **Choker:** \$70, Discordance (discordance.com.au).

**Shoes:** \$239.95, Tony Bianco (tonybianco.com.au). **Cuff:** \$300, Ford + Harris (fordandharris.com). **Shoes:** \$249.95, Wittner (wittner.com.au).







## THE LIGHT SIDE THE LOOK: JEDI

Step into the light with **Romance Was Born's** Light Side designs. The next-gen boho vibes of billowing, off-the-shoulder styles, peppered with earthy tones, is giving us some serious #wardrobegoals.

**BEAUTY NOTE:** Complete the look with **COVERGIRL's** shimmery and ethereal Light Side **Jedi** makeup theme.



**COVERGIRL X STAR WARS:**  
Romance Was Born exclusive  
capsule collection Light Side.  
(From left) Choker: \$90,  
Discordance (discordance.com.au).  
Shoes: \$179.95, Wittner (wittner.  
com.au). Necklace: \$169, all  
Damselfly (damselfly.com.au).





# WHICH SIDE

---

# LIGHT

# SIDE

## GET THE LOOK: **JEDI**

Think dewy, fresh-faced, fearless goddess. Keep it simple. Use soft gold and bronze tones around your eyes and cheekbones to create structure. Finish with a soft swipe of limited edition COVERGIRL *Star Wars* Super Sizer Mascara to elongate your lashes and a slick of shimmery nude lipstick from the limited edition COVERGIRL *Star Wars* Collection.

**WEAR IT YOUR WAY:** Team with half-up-half-down, wavy hair and mini braids for beach-appropes vibes, or tie it all up in a wispy bun with statement earrings if you're feeling a bit more formal.

**THE TOOL KIT:** From left: **COVERGIRL** Eye Shadow Quad in Notice Me Nudes, \$14.95. **COVERGIRL** Bombshell ShineShadow in Gold Goddess, \$11.95. **COVERGIRL** Clean Liquid Makeup, \$15.95. **COVERGIRL STAR WARS** Limited Edition Super Sizer Mascara, \$17.95. **COVERGIRL STAR WARS** Limited Edition Colourlicious Lipstick in Nude #70, \$16.95.

The **COVERGIRL** x *Star Wars* beauty collab is *beyond* cool. The six mind-blowing looks, designed by makeup artist and **COVERGIRL** global creative design director Pat McGrath, are giving us serious beauty inspiration, not to mention taking our makeup game to new frontiers #yourewelcome. Which side will you choose?





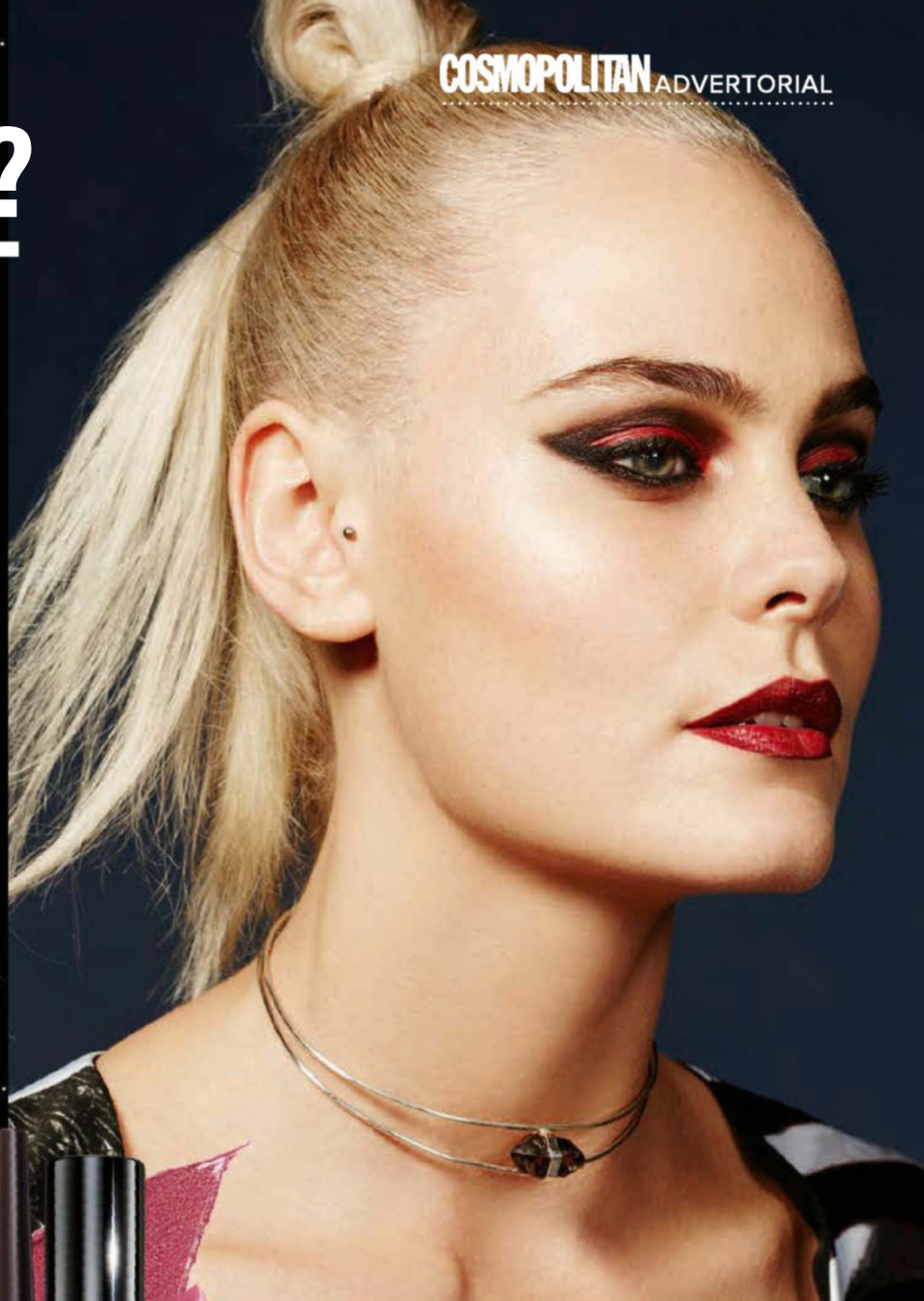
# ARE YOU ON?

# DARK SIDE

## GET THE LOOK: THE DARK APPRENTICE

This look is all about statement, show-stopping features. We're talking striking eyes and a bold lip. Go easy on the bronzer to make your peepers pop. For some extra fierceness, opt for rich reds like the COVERGIRL Star Wars limited edition lipstick in Shimmery Red #30. Hot.

**WEAR IT YOUR WAY:** Slick your hair back into a tight bun or pony for added attitude. Think minimalist. Pick a necklace, bracelèt or tiny earrings to keep the look clean, and you're good to go – dark-side style.



**THE TOOL KIT:** From left: COVERGIRL Eye Shadow Quad in Stunning Smokeys \$14.95. COVERGIRL Bombshell ShineShadow in Ice Queen, \$11.95. COVERGIRL Bombshell Pow-Der Brow & Liner in Medium Brown, \$11.95. COVERGIRL STAR WARS Limited Edition Super Sizer Mascara, \$17.95. COVERGIRL STAR WARS Limited Edition Colourlicious Lipstick in Shimmery Red #30, \$16.95.

Available at Priceline, Big W, Woolworths, Coles, Target and Kmart.

 @COVERGIRLau

 /COVERGIRLau

COVERGIRLStarWars.com.au

**STAR**  
THE FORCE AWAKENS  
**WARS**  
ONLY IN CINEMAS

COVERGIRL®





**NOTHING  
OVER  
\$20!**

# BROKE GIRL'S GUIDE TO BEAUTY

The bargain buys that work just as well as the exxy stuff. Because whoever said we couldn't stick to a budget was right... until now



# SKINCARE



"The truth is that there are good and bad products in all price categories," says The Cosmetics Cop Paula Begoun. "Spending less doesn't hurt your skin; spending more doesn't help it. It's about the formulation, not the price."

## 1. Keep it simple

Don't overcomplicate your routine – that's the quickest way to spending a ton on steps you don't need. Get a great cleanser, 'cos no fancy product is going to work on dirty skin. We swear by micellar water. Swisse Micellar Makeup Remover, \$9.85

## 2. French finds

Models, makeup artists and beauty editors make the pharmacy their first stop as soon as they touch down in Paris. Can't afford an OS trip? Pop to Priceline instead. You'll find Nuxe, Bioderma and Uriage, which celeb facialist Jocelyn Petroni recommends, as well as La Roche-Posay and Avène, which we seriously love. La Roche-Posay Thermal Spring Water, \$9.95

## 3. Does it all

Don't overlook the humble tub of Vaseline. You can use it as a (deep breath) lip balm, moisturiser, makeup remover, cuticle balm, glossy topcoat for lids and foot cream. (Wear

it under socks at night, says Khloé K.) Oh, and it stops hair dye from leaving marks if you're doing a DIY jobbie, which let's face it, we're all doing right now. So amazing. Vaseline White Petroleum Jelly, \$2.73

## 4. Ultimate anti-ager

"Sunscreens play a vital role in anti-ageing. They're probably the most important part of your skincare [routine]," explains Dr Greg Goodman from The Dermatology Institute of Victoria. 'Nuff said. We rate Neutrogena Ultra Sheer Face Sunscreen SPF 50+, \$16.99.

## 5. The one splurge

Spend most of your money on a serum, says Petroni. "They have high concentrations of active ingredients so you'll see real results." For breakouts, she suggests something with salicylic acid, while rosehip oil is great for skin dryness. Keep in mind that the active ingredient should be high on the product's ingredient list. Natio Ageless Organic Rosehip Oil, \$19.95

# 3 supermarket steals



**Johnson's Baby Cleansing Wipes, \$4.99.** They remove makeup and stubborn fake tan – and come in big packs.



**Nivea Refreshingly Soft Moisturising Cream, \$3.49 (50ml).** Even the more exxy moisturisers are glycerine-based like this one.



**Sudocrem Healing Cream, \$6.99.** Yes, it's nappy cream. It's also a miracle worker on dry patches, pimples and eczema.

# HAIR

**NATURAL-LOOKING TEXTURE IS A BIG 2016 TREND, SAYS CELEB HAIRSTYLIST BARNEY MARTIN**



## THE SHAMPOO

With an anti-fade complex, in-built serum and UV filters, this is actually one of the best pharmacy finds we've used. Schwarzkopf Essence ULTIME Diamond Colour Shampoo, \$14.99



## THE CONDITIONER

You don't always need to buy shampoo and conditioner in pairs. Go for a restorative conditioner – no matter your shampoo – as it doubles as a weekly mask. Ecostore Dry, Damaged or Coloured Hair Conditioner, \$10.49



## THE MULTI-TASKER

If you buy just one thing, make it dry shampoo, says Martin. "It creates texture, natural-looking fullness and root lift, plus it cleanses," he says. It's a lifesaver. Pantene Pro-V Dry Shampoo Volume Booster, \$9.99

## SKIP THE SALON

You can afford to take a hiatus from the hairdressers with these two in your arsenal...



**John Frieda Colour Refreshing Gloss, \$16.99.** Hair always looks better after an in-salon gloss treatment, but this at-home version is just as good and a slice of the price.



**Charles Worthington Instant Root Concealer, \$17.99.** This spray-on colour is good for concealing any greys and pesky grown-out roots between appointments.



# MAKEUP

WHILE IT'S NICE TO SPLURGE FROM TIME TO TIME, THESE BUDGET BEAUTIES WILL GET RESULTS



## BASE

There's nothing worse than finishing your foundation and realising it's time to fork out some serious cash yet again. Lessen the pain with these cheapies. Instead of bathing your face in foundation, add a touch of concealer to your problem areas (under eyes, uneven skintone, pimples). You'll use way less makeup.

1. COVERGIRL Trublend Liquid Makeup, \$19.95. 2. Rimmel London Match Perfection SPF 20, \$18.95. 3. L'Oréal Paris Infallible Concealer, \$19.45

## EYES

Defining your brows frames your face and lets you wear less makeup. Try a formula that will give you colour and shape while also filling those bare spots. We love ModelCo More Brows, \$18. Make your eyeshadow work harder by choosing a cream formula or mixing your fave shade with a little water to make a gel liner.

1. Max Factor Excess Shimmer in Onyx, \$19.95. 2. Revlon ColorStay ShadowLinks in Chocolate, \$9.95. 3. COVERGIRL The Super Sizer by LashBlast Mascara in Black, \$17.95

## LIPS

Lipstick is an instant look-lifter but you don't have to spend a ton to get long-lasting, super-pigmented formulas. Make your lipstick a multi-tasker by using it as a blush. Put a little on your finger and blend (very) well for a sheer flush. It's also an easy way to test out blush shades.

1. Innoxia Summer Matte Lipstick in Coral Kiss, \$14.95. 2. Maybelline New York Color Sensational Rebel Bloom Lip Color in Blushing Bud, \$16.95. 3. Shanghai Suzy Matte Formula Lipstick in Miss Sanja Fuchsia, \$12.95

# NAILS

Can't quite afford that weekly mani-pedi? It's time to do some at-home switch-ups instead

## TWO FOR ONE

"Go for a base coat and top coat in one that's clear but will also hydrate and protect," says Sally Hansen nail expert Alison Bowhill-Hayes. "Use a cuticle balm that works to exfoliate and nourish – go for one that does both jobs."

► Sally Hansen Complete Salon Manicure in What in Carnation and In-Full Blue-m, \$14.95. "This fab polish is everything you need in a bottle: colour, base coat, top coat, strengthener and a chip-resistant, gel-like finish," says Bowhill-Hayes.

► Rimmel London Super Gel Nail Polish in Rock N Roll, \$9.95. The cheapest gel mani around, with no UV lamps needed. You can even skip the nail prep thanks to a built-in base coat. Yep, you can have super-glossy, long-lasting nails for less than a cocktail.

## KNOW WHERE TO SPEND

"Don't cut corners with nail polish remover. Spend those extra few dollars and get one with nail strengthener in it. Cheap kinds will dry out nails, which leads to peeling and breakage," says Bowhill-Hayes. And that means more money for you in the long run.



Face of Australia Cosmetics Strengthening Nail Polish Remover, \$3.99



# BODY

## TIME TO SORT OUT YOUR OWN SILKY SKIN AND FAKE TAN

Expensive and cheaper moisturisers often have similar bases to them. "Typically they all feature things to mimic the skin's lipids, humectants, emollients and occlusives," says Dove R&D expert Laetitia Almodovar. So why the difference in cost? "It can be anything really from the quantity of active ingredients, the type of packaging, the cost of raw materials to the support around the product (e.g. advisory staff in store)."



### Get handy

Skip exxy hand creams and use body lotion instead. An intensive moisturiser like Dove Essential Nourishment Body Milk, \$8.39, will "go beyond surface dryness and nourish from within," says Almodovar.



### Flawless

A BB body cream will brighten and even your skin tone, give you visibly firm skin, hide any annoying imperfections as well as working (overtime) as a moisturiser. It's like five prodz all in one! Jergens BB Body Perfecting Skin Cream, \$14.99



### Super treatment

Avoid expensive treatment creams and instead go for a moisturiser that does the job for you, like Palmer's Cocoa Butter Formula Spray Lotion for Stretch Marks, \$15.99. It comes in a spray formula just to make it even more handy!

### Chill out

"Store products in your fridge to make them last longer," says Almodovar. Temperature can affect the stability of lotions, creams and cleansers: while high temperatures accelerate ageing of the product, lower temperatures extend shelf life.



frank body  
Peppermint Body  
Scrub, \$16.95

"Instead of scrubbing your tan off after a week and reapplying, apply gradual tan every few days to make your base last longer. You may only need to properly apply once every 3-4 weeks," says James.

## TAN TIME

When buying a cheaper tanning product, "try to avoid ones containing caramel dye as it will result in an orange/yellowy tan," says Blair James, founder of Bondi Sands. Instead of spending double the cash for separate face and body tanning products, add a little of your body foam or lotion to your moisturiser. Bondi Sands Self Tanning Lotion in Dark, \$19.95



## PERFUME

Can't afford a fancy new fragrance? Actually, you can. Because the "nose" behind iconic scents like Marc Jacobs Daisy, Calvin Klein Obsession and Christian Dior J'Adore is also the co-creator of Impulse fragrances. Talk about getting a good deal!

Impulse Into  
Glamour, \$4.95





# HELP! FALL

## MY HAIR IS

What to do when your crowning glory is going down the drain...

**S**ure, it wasn't necessarily the Blake Lively-esque mane that Disney led you to believe you would be blessed with, but it was yours. You'd survived bad cuts, hairdresser break-ups, dodgy dye jobs and more. Was it naïve to think you'd have a long, happy life together? Greys were a given, but chunks falling out were so not part of the deal.

Let's face it, seeing any amount of hair clogging up the plug hole is scary AF. There's an emotional connection we have with our hair – the expression “bad hair day” didn't just coin itself – and

seeing strands drift down the drain is never easy. But what happens when it's more than a few hairs? Like, heaps more. When you're literally losing handfuls, what do you do then?

### WHAT'S NORMAL?

Firstly, don't be embarrassed or suffer in silence – you're not alone. According to reports, 64 per cent of Australian women will experience some kind of hair loss in their lives. And a quick scan of the hair aisle in the supermarket will tell you that it's no longer just about fighting frizz or fixing flat hair. In fact it's more common to see a scalp serum or a hair densifier grace the *Cosmo* beauty desk than a red lipstick these days. Hair loss is just not a shameful secret anymore. But, let's face it, these products can only really offer a

bandaid solution if you don't know the cause of your hair loss to begin with.

It's important to note that some degree of hair fall is totally normal as part of hair's natural cycle. “Your hair grows one centimetre per month for two to five years,” says Professor Rodney Sinclair, a dermatologist who specialises in hair and scalp disorders. It then moves into a short transitional phase before a three-month resting stage during which the hair doesn't grow, yet still remains attached to your scalp. If you're perfectly healthy and your hair is functioning as it should, only once it's worked its way through all three stages in this cycle should it fall out (before then starting the whole process again). “Most women normally shed between 50 and 150 hairs per day [during this cycle],” says Sinclair.



# INGOUT

## “THE DEFINITION OF EXCESSIVE HAIR LOSS IS WHAT IS EXCESSIVE TO YOU”

Things move into the “help me, I’ve got a problem” area if you notice substantially more hair fall than usual, explains trichologist Tony Pearce. “The definition of excessive hair loss is what is excessive to you. You know your hair best.” If you notice that the amount of hair you’re losing in a given day – when you shampoo, brush, style or sleep – has doubled, then it is worth seeking help from your hairdresser, your GP or a specialised dermatologist or trichologist.

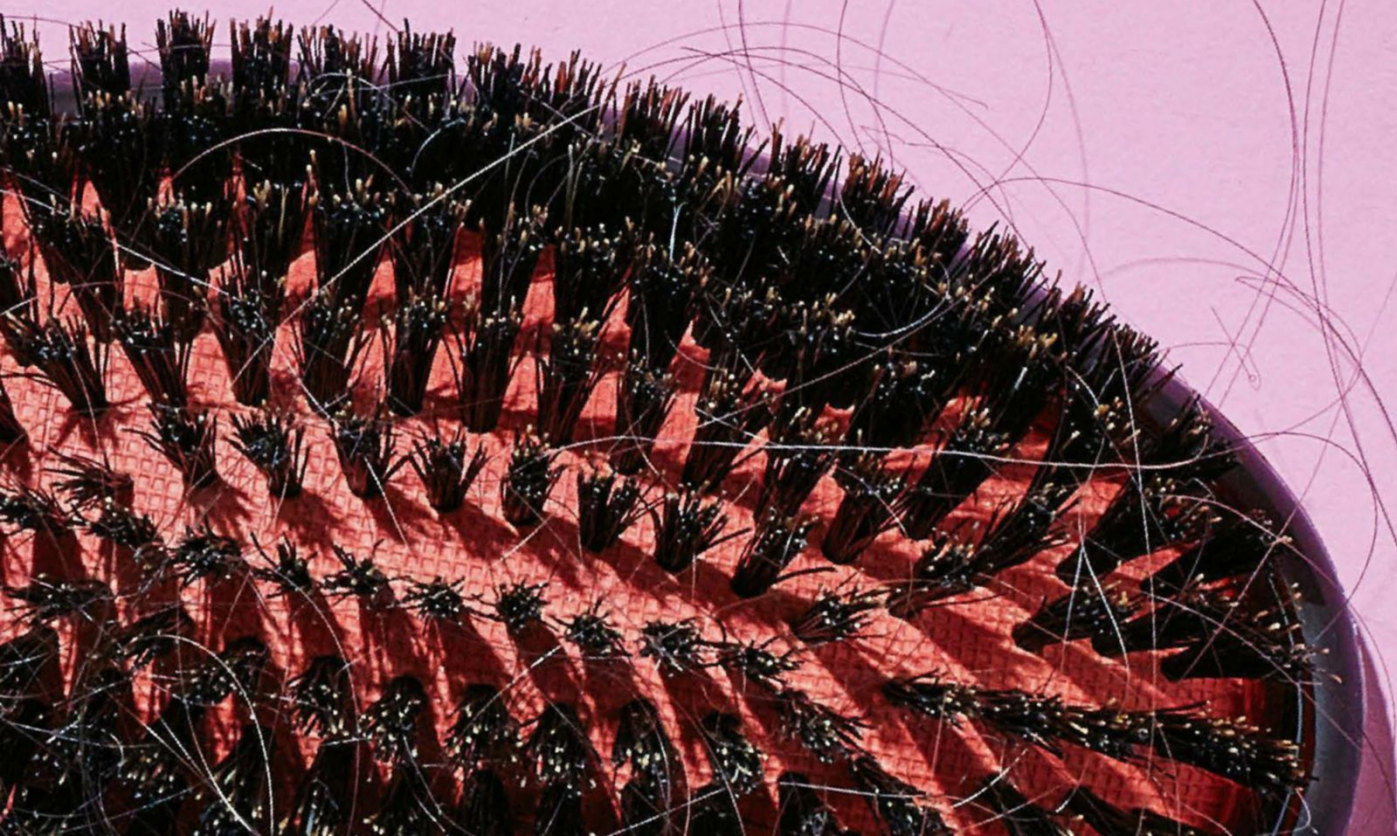
## GENETIC HAIR LOSS

Whoever you see about your hair loss, they’ll likely quiz you about your family history, as one of the common causes of hair loss in women is androgenetic alopecia, aka female pattern hair loss (FPHL) or hereditary hair loss. As the name suggests, it’s genetic (thanks, ’rents) and can start as early as your twenties. When you suffer from FPHL your hair spends less time in the growth phase than usual and the hair that does grow back is often finer because the follicles are getting smaller. With FPHL you’ll often notice a decrease in hair density – your ponytail getting thinner – or more obvious thinning across your scalp.

There is no cure as such, but in some cases you can stabilise the rate of

your hair loss by using a topical scalp treatment (featuring active ingredients rhodanide or minoxidil – try Activance Original, \$28) or low-level laser therapy. Both help to stimulate hair growth and therefore counteract hair loss.

Hair transplants are a slightly trickier option – and not just because of the cost, which is high. Thanks to the way they work, you need healthy hair follicles to transplant to thinning areas. If you have “localised” hair loss – where you’re balding in patches – or you’ve got traits of male pattern baldness (hair loss at your temples or crown), it’s an option, but sadly not if what you’re experiencing is thinning all over. If that’s the case you may want to try hair fibres, which you just shake onto your hair for temporary thickness. ➤➤





## SUDDEN SHEDDING

You can still suffer from hair loss if you are not genetically predisposed to it. Telogen effluvium is the name given to excessive shedding that's typically determined by life events – albeit not things that happened yesterday. “It's the result or after-effect of something that happened one to three months ago,” says Pearce. Now, we're not just talking about a bad day in the office, but bigger factors like giving birth, major surgery, a trauma (like a car accident), a bad dose of Bali belly or even a change to your birth control pill. All of these can lead to sudden onset hair loss, but the good news is that, in most cases, it's temporary. “It's usually resolved within three to six months,” says Sinclair.

If this sudden hair loss doesn't fix itself, it moves into chronic telogen effluvium (CTE) territory, which can signal a hormonal imbalance (such as PCOS), thyroid disease or a deficiency of some kind. “Iron, vitamin D and iodine are the most important nutrients that run our bodies, but women are more prone to low levels of them,” says Pearce. Skip Dr Google and head to your GP, who can run some quick blood tests to suss out any problems and help manage hormonal and thyroid problems. If you show a deficiency, dark leafy vegetables (which enhance iron absorption) and supplements will help, but always read the label carefully. “Taking the correct type of iron is important,” says Pearce. “It should always be an organic form such as ferrous fumarate, phosphate or picolinate rather than ferrous sulphate or ‘vegetable’ iron,” he says.

## STRESS HEAD

So does the usual scapegoat, stress, play *any* part? It depends who you talk to. Sinclair is adamant that it doesn't. “People tend to blame stress when they don't know the real cause [of an issue],” he says. Pearce is a little more open-minded, acknowledging that while stress has been given too much blame, constant deadlines and working to the clock are never going to be great for you.

## STYLE SOS

“Shorter hairstyles create the illusion of thicker hair,” says celeb hairstylist Renya Xydis. “A deep side part on the side less prone to thinning is an easy cover-up, too.” Fake volume with texture sprays.

**Wella Professionals Create Character Texturising Spray, \$24.**



See, stress elevates cortisol and adrenaline levels, which prevents much-needed nutrients getting to your hair, resulting in thinning. In cases of chronic stress, your immune system can shut down entirely, which can lead to bald patches. If you can't quit worrying – or can't handle a meditation class – then at least up your vitamin B5 intake, which will boost the nutrients most affected by stress. **Sarah Macrae**

# INSTANT BOOSTERS

Five products for a fast hair sitch fix



Stop those hairs you do have from snapping and breaking – and create an ideal environment for growing even more – with head & shoulders Damage Rescue Shampoo, \$12.49.



Hair loss not only affects volume, but also hair's suppleness and manageability. Kérastase Densifique Sérums Jeunesse, \$98, is a great all-rounder for thinning strands.



Massage this zinc and omega-infused spray into your roots and it'll increase the diameter of each hair. Matrix Biolage Advanced FullDensity Densifying Spray Treatment, \$31.



Garnier Fructis Full & Luscious Daily Leave-in Serum, \$11.95, has expanding technology that adds oomph to fine or thinning hair without weighing it down at all.



Use this booster before you apply conditioner to boost strands with filloxane molecules (so thickening). L'Oréal Paris ELVIVE Fibrology Thickness Booster, \$9.95.



 **head & shoulders**  
Live Head First

**NEW**

**Surprisingly  
beautiful hair**  
up to 100% flake-free\*



**head & shoulders beautiful hair collection**  
now available in **glossy colour, thick & strong** and **damage rescue**  
extra nourishing anti-dandruff shampoos

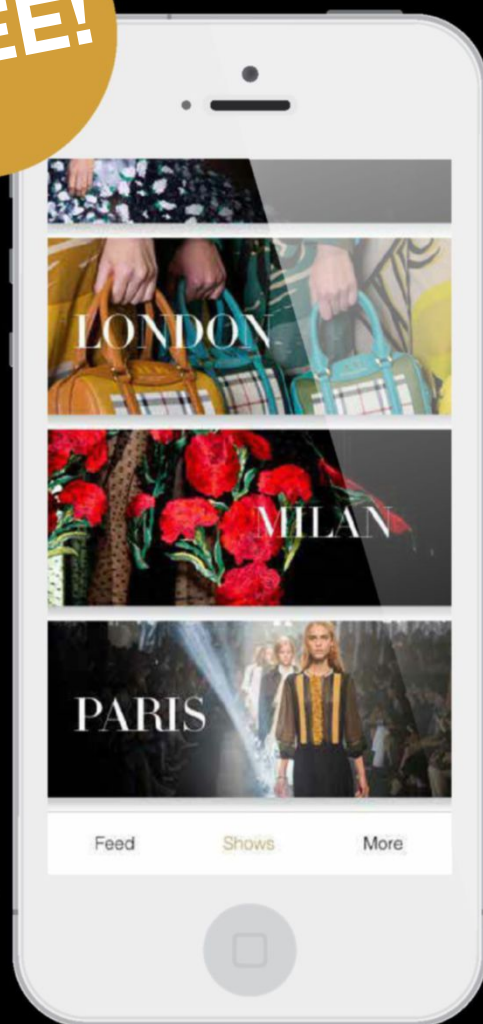
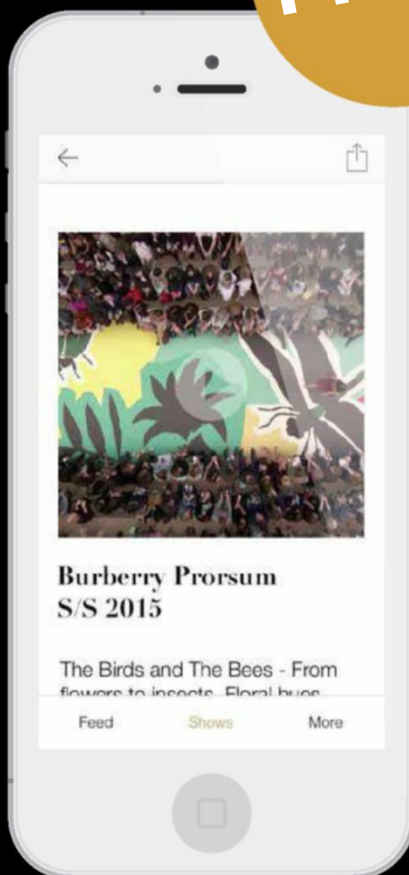
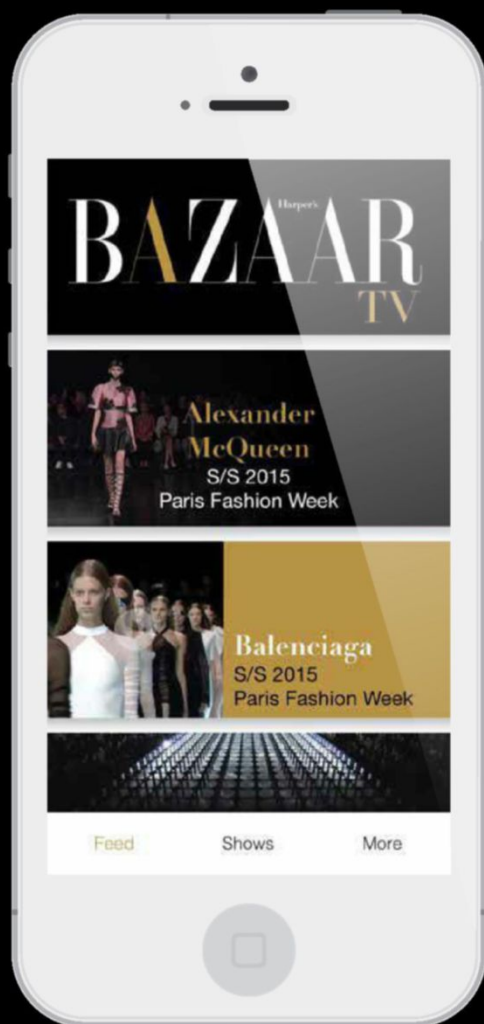
\*Visible flakes only with regular use





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# LOVE & LUST

## DESTINATION: ORGASM!

Complimentary margaritas, Instagram-worthy sunsets, balmy weather – what could possibly make the holidays better? Mind-blowing orgasms, *doy!* Whether you're on the beach or just visiting your in-laws, sex on-location is a super-hot ticket to paradise. Let's go! ➡





# Romps en route

Why wait until you arrive? There are plenty of steamy ways to get it on while you're on the go

## ON A plane...

If you're ballsy enough to pull it off – because getting caught can potentially land you in handcuffs – here's how. First rule of the Mile-High Club? Don't let any unmentionables touch the loo. Stand and face away from him with your legs together as he enters you from behind. Bend slightly forwards, bracing yourself against the wall, for G-spot in-flight delight. Have him cup your breast with one hand and grip your waist with the other for balance. Or he can glide that hand to your clit to make you feel like you're floating on air. And we don't have to tell you to be quick.

## ON A yacht...

Make a splash by using the bed as a coital diving board. Lie on your back with your legs in the air as he stands at the foot of the bed facing you. Now cross your legs, keeping them straight up as he thrusts. Your muscle clenching makes you feel super-tight and his body's movement with the boat's rocking will have you making your own waves.

## ON A train...

To make the most of your train ride without getting cast out of the car, snuggle up under a blanket and engage in light over-the-pants stroking. If he's in his travel trackies, it should be easy to find and gently cup his balls. The foreplay will warm you both up for later.

## IN A car...

First, pull over and throw out all the food wrappers – so not sexy. Now, have him push his seat back as far as it goes and sit with his legs out in front of him. He may be in the drivers' seat, but by straddling him, you control the grinding of your pelvises, which pretty much guarantees a clitoral O.



## 3 MUST-PACK SEXCESSORIES

You may have forgotten your contact-lens case (ugh) but not these discreet travel essentials

1

### NAUGHTY NECKLACE

Want to avoid awkward airport scans? This limited-edition handcrafted leather necklace doubles as a four-speed external vibrator. Cool Hunting Edition Vesper, \$270\*, lovecrave.com

2

### PLAY IT AGAIN

If you're on a trip and bae's at home, let him pleasure you from his iPhone with dual G-spot and clit stimulators. With the WeConnect app, he can make a "playlist." We-Vibe 4 Plus, \$123.95 (wildsecrets.com.au)

3

### SEXY SECRET

Turn up the heat during dinner out and slip this tiny vibe into your lingerie. He controls the vibrations with a remote. California Exotic Entice Juliette Remote Control Panty Teaser, \$77.95 (wildsecrets.com.au)





SEX CONFESSION

**ON A FAMILY TRIP, MY SISTER AND I WENT TO A BEACHSIDE BAR WHERE WE STARTED DANCING WITH SOME CUTE GUY TOURISTS. NEAR THE END OF THE NIGHT, I WANDERED TO THE BEACH WITH ONE OF THEM, AND WE DID IT RIGHT THERE IN THE SAND. EVEN THOUGH IT WAS SUPER-HOT, I HAD SAND EVERYWHERE FOR TWO WEEKS!”**

—ALEX, 29





### IN YOUR HOTEL ROOM

## You've arrived!

You're unpacked and ready to explore (wink). Now start your vacay in style

Want to christen that big, gorgeous hotel bathtub? Contrary to popular belief, water isn't a lubricant – it can actually have a drying effect. So take a cue from Beyoncé's *Drunk in Love*: Fill up the tub halfway, and make sure that the P-in-V occurs above sea level... or use a silicone lubricant (one that's not water soluble).



### ON THE BEACH

Wait until night, when there's a deserted stretch of sand for private boning. Use that half-full, warm bottle of water from your day at the beach to clean him off first. Avoid a sandy-crotch sitch by staying on top and bouncing like a beach volleyball. Oh, and keep your bikini top on. Just in case.



### AT THE PARENTS' HOUSE

Once he's snuck into your room at midnight, thoroughly evaluate the squeakiness of the old twin bed. Can you pull off silent sex in bed without waking the 'rents? If not, take the party to the floor. Double up your childhood quilt, and use it to make your knees more comfy during doggie.



## SEX CONFESSION

**I TOOK MY BOYFRIEND TO MEXICO FOR HIS BIRTHDAY, AND WE WENT AT IT IN AN UNDERWATER CAVE. IT WAS PRETTY UNREAL... UNTIL WE WERE INTERRUPTED BY A JAPANESE TOUR GROUP. OOPS!"**

—ELIZABETH, 30



### MMMORE!

Scan the page to see hunks reading cheesy Valentine's Day messages.



## IN A TENT

Ah, the great outdoors! Slip into his sleeping bag, and get into a super-tight spoon position – it requires minimal thrusting from him and gives you both happy camper feels, no matter the size of his, um, firewood. Caution: Nylon walls aren't soundproof, so stifle any midnight howling to avoid a late-night visit from a park ranger – or wolves.



## IN AN AIRBNB

The bad news? Can't break the bed frame without losing your security deposit. The good news? Sexing in a stranger's home is ripe for role-play. Pretend you're the couple you're renting from... or you're a landlady returning to find her renter doing very bad things. Go nuts: just be careful not to break any knick-knacks.



## THE LOVE THAT SPLIT THE WORLD

By Emily Henry

A good girl headed for the Ivy League finds star-crossed love with a hot Southern boy when she stumbles into a weird parallel universe.

# Beach reads for the bedroom

For even more steamy escapism, light a candle and read these recent releases aloud to your boo



### MISCONDUCT

By Penelope Douglas

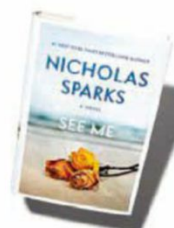
A former tennis pro can't resist temptation when she meets the very rich and very single father of her teen boy protégé. The bottom line: tennis whites have never looked so sexy.



### SCARLET WOMEN

By Ian Graham

History is hot in these wild stories about professional mistresses like Cora Pearl, who used to literally serve herself naked on a platter at house parties.



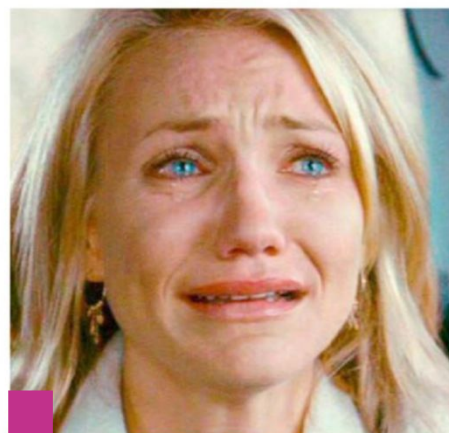
### SEE ME

By Nicholas Sparks

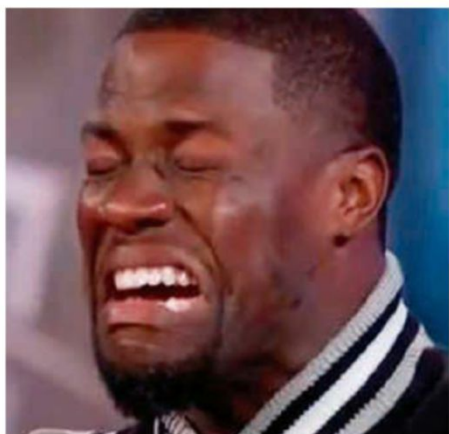
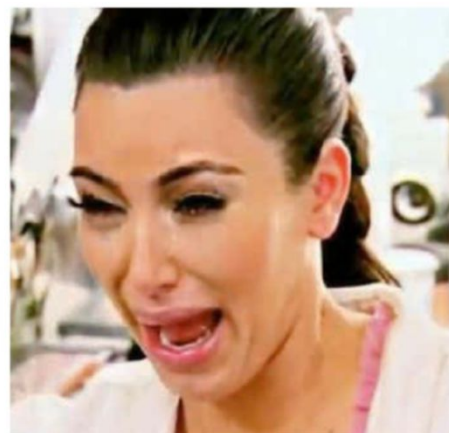
You know how Sparks works: an unlikely pair (here, a reformed bad-boy and a lawyer) butt heads before falling, hard. Read it before the movie, which you're totally seeing too. ■



# YOU WEREN'T OFFICIAL...



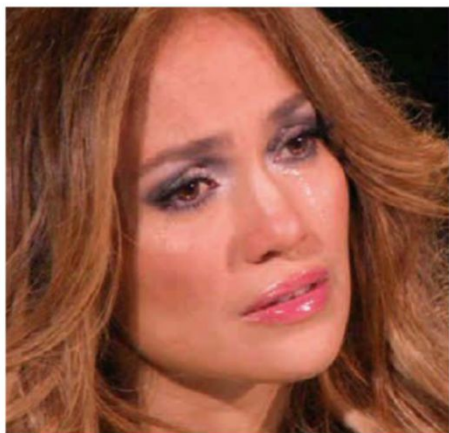
It looks like a relationship, feels like a relationship, and ends with all the heartbreak of a relationship – and yet you'd never made it official. It's a weird new world of "fake-ups"



**A** few months ago, I met a guy at a party – he was the handsome friend of a friend with top conversation skills. As the party raged around us, we shuffled into quieter corners, talking animatedly about our jobs and our weird shared obsession with YouTube videos of arm wrestling.

He texted me the next morning to arrange a date, and from that point on, our coupledness was all but official. We'd text for hours. We saw each other several days a week and made those confident future plans that are thrilling for their banality: "We'll go to a basketball game this winter." "There's this Ethiopian restaurant near me. You'll love it." He was charming and unafraid to hold my hand in public, and I loved how unambiguous things felt: no games being played, just us.

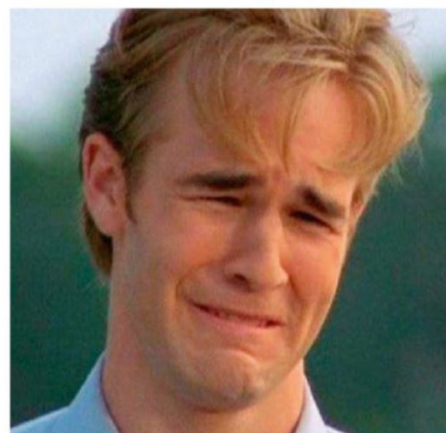
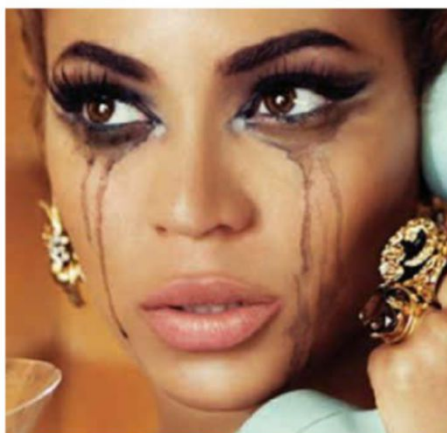
Then three weeks in, he abruptly stopped contacting me. I was baffled, then concerned, and then mad – mad enough to call him out. In a text two weeks later, he informed me he wasn't ready for wherever this was heading. "I'm a dipshit," he wrote in his last missive. Can't say I disagreed.



I was crushed, bawling on my sofa. I was upset he'd treated me like an object in the stage play of his life, but I was angry with myself. How could I have dropped my guard and projected a whole future – weekends away, a plus one at weddings, and even, in the loftier daydreams, moving in and adopting a dog – with someone who turned out to be a stranger? Even worse, I didn't feel like I had any right to fall apart or call in the Emergency Girlfriend Crew. After all, not wanting to jinx anything, I hadn't even mentioned him to most of my friends. I was a crumpled mess, and yet I didn't think I had the right to be broken up over a non-break-up.

The thing is, I've been here before. After seven years of dating, I have more exes than I can count on both hands, but I also haven't had a capital-B boyfriend since school. The endings of all of these non-relationships hurt – from the six-month thing that ended when he moved for uni to the 12-week saga that concluded with him ghosting and probably telling himself the split was mutual to this three-week mini-drama, over too quick to even have evidence on Insta. Some of these were





disasters from the beginning: dudes who proclaimed they weren't after anything serious or who got flaky when I tried to plan a Friday night date. In every case, it ended not with a bang but with a whimper. I felt so stupid displaying self-pity over something that wasn't official or mutually acknowledged, that wasn't "real".

Something funny happened when I began talking to other women about their non-break-up stories. All these unofficial splits hit us with the exact same overriding emotion: shame. "You feel embarrassed," Carmen, 27, recalled of exiting an "It's Complicated" fling. "It was never actually a relationship, so you don't want to act like you were this love story." Kate, 31, looked back on the end of an unlabelled coupling: "I was ashamed I'd put all my eggs in this basket, that I thought it was a real thing." And once, with feeling, from Kimberly, 26: "I felt I should have known better."

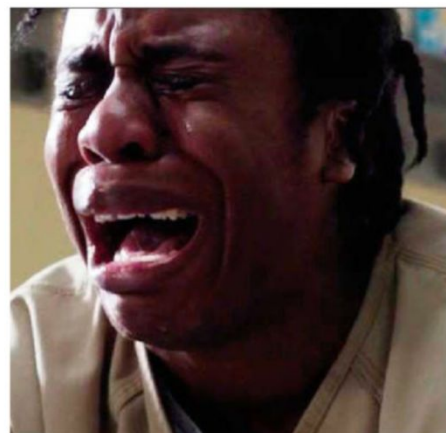
Few things in life can make you feel lonelier than a break-up. A break-up that comes with a side of keep-it-to-yourself shame? Disaster. "You feel you can't go to your support system as readily as you could with the break-up from a long relationship," says clinical psychologist Jill Weber, author of *Having Sex, Wanting Intimacy*. "But you

should talk about this and really feel it, because it will help. It doesn't have to feel like the whole thing is in vain."

That's the other inconsistent thread. When I asked if they'd learnt anything from their travails, everyone had. Take Carmen: "In my relationships after this guy, from the very beginning, I was like, 'I'm not doing that bullshit where we don't know what we are for three months. Either you're my boyfriend or you're not.' And it panned out. I learnt if I want that, I have to just ask for it." Kate and Kimberly also echoed her sentiments.

What if, instead of berating ourselves for getting hurt, we could treat fake-ups with the same TLC we heap on official splits: talking to friends (who undoubtedly have dealt with this kind of crap on the regular), reminding ourselves of all the reasons it wouldn't have worked, and then eventually seeing it as a portal into what we really want for our love lives?

I never heard from the Three-Week Wonder again, which is for the best. And lately, I've been seeing a sweet French guy who brings me flowers and announces he's excited to see me and is baffled that these aren't niceties I have come to expect. We talked about labels early, an intellectual



conversation rather than a personal one, and he couldn't wrap his mind around this hesitance to call someone a boyfriend or girlfriend. But out of habit, I still startle when he uses the G word: "She stopped talking to me once she realised you're my girlfriend," he said once, so naturally.

I'm not sure yet what'll happen with him, but I do know that if things ended tomorrow, I'd get a "real" break-up out of it – kindness and an acknowledgement that whatever we're doing is brave and honest and scary and wonderful. Here's the funny part: that certainty? It makes a break-up seem much less likely. **Andrea Bartz**

# SO WHY DOES IT HURT LIKE A BREAK-UP?



# ask him any-thing



Sure this is nice... but alone time is even nicer.

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL

**Q.** I've always identified as straight, but I'm dating a new guy and I slept with a female friend before we got together. I'm worried it'll weird him out or make him question my sexuality, but he wants to be open about our pasts. Should I share?

**A.** This isn't about should: this is about want. If you don't want to tell him, don't. You have a right to privacy. If you do, go ahead and shout "I Kissed a Girl" from the rooftops. If he's homophobic or jelly, well, you don't want to date a douchebag anyway. And TBH, hearing of your hook-up will turn most guys on.

**Q. I ALWAYS WIND UP BEING THE ONE WHO PLANS OUT MY DATES. HOW DO I GET THE GUYS TO MAKE THE PLANS FOR A CHANGE?**

**Q.** I'm smart – but I just started dating a girl with a Harvard PhD. I can't help feeling insecure, even though she's so cool about it. How do I stop feeling like it's crazy for her to be with me?

**A.** Why wouldn't she be with you? If this Ivy League lady is such a genius, she knows that a person is more than a pedigree. So trust her. She could have dated another egghead, but her big brain calculated that she should date you. Just remember that romantic chemistry is a mysterious science that nobody can give you a PhD in – not even Harvard.

**A. Easy. Just propose the date and time, and when he confirms, tell him, "I picked when, you pick where..." He can't say no. If he pesters you with questions about what you want to do, tell him you have to log off but he should text you where to meet. That's your ace card!**

**Q. AFTER SPENDING MORE THAN TWO DAYS TOGETHER, MY BOYFRIEND AND I GET SICK OF EACH OTHER. WE BOTH JUST LIKE ALONE TIME. WILL WE EVER BE ABLE TO MOVE IN TOGETHER?**

**A.** If you prefer living alone, don't let peer pressure push you into cranky cohabitation. If you really want to live with him, consider a two-bedroom. Plenty of healthy couples simply need some space, and you might be one of them. But if you think you're just not that compatible, you owe it to yourself to explore that doubt.

**Q. My boyfriend's dirty talk grosses me out. How do I tell him without totally discouraging him?**

**A.** He won't know what kind of pillow talk turns you on unless you tell him. Tell him what you'd like to hear him say (that he "wants you" rather than he "wants to eff the bleep out of you", for instance). And if what you'd like most is silence, tell him you're so turned on by his body, you don't need anything else.





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HEY  
CHRISTINA...  
I HAVE A  
QUESTION  
FOR YOU

TURN TO  
PAGE 154





# IT'S HERE!

## MEET THE NEW WEIGHT WATCHERS® YOUR WAY PROGRAM

It's our biggest Program innovation, ever. Fall in love with real food, enjoy getting active and discover how good you're meant to feel!

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### FOOD. FIT. FEEL: The three pillars

By focusing on helping you make healthier food choices and being more active, the **Your Way** Program has a whole heap of healthy spin-offs, aside from weight loss. We're shining a light on how you feel. In fact, FOOD, FIT and FEEL are the new pillars the Program is built on, designed to look after you – inside and out.



### Frequently Asked Questions

**Q. Why is the new Program called *Your Way*?**

**A.** Because we know that no two people are the same. We all have different lifestyles, different things we love doing to stay active and different ways of keeping track of it all. The new Program is designed with that in mind. It delivers customised food and fitness ideas, and gives you all the tools and support to do it **Your Way**. Simple.

**Q. What do I need to know before joining?**

**A.** We've waved goodbye to **ProPoints™** and have welcomed our clever new **SmartPoints™**. The Program nudges you to make healthier food choices that are lower in sugar and saturated fat, and higher in protein, to help you feel fuller for longer. It's about choosing nutritious foods that are full of flavour and fuel your body.

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Why wait? Join Weight Watchers today.



**weightwatchers**



# BODY LOVE



## RUN YOUR WAY TO A BETTER SEX LIFE

The link between hitting the streets and staying fleet in the sheets is a strong one

The racing pulse, the rapid breath and a satisfyingly sweaty afterglow – it's no secret that running shares many ties with sex. But did you know that it's also your ticket to a better bang? That's right, we mean fireworks, baby.

### GET THAT CONFIDENT FEELING

Along with lean legs and toned arms, runners enjoy one of the most enviable and attractive traits of all – confidence. Making you fitter and healthier, running also gives you the power to transform your physique. Doing away with any niggly body insecurities and feeling great naked leaves more time for strip teases – a steamy start to any bedroom romp.

### ENHANCE YOUR PHYSICAL FITNESS


"Sex is 100 per cent a whole body experience," explains sexologist Vanessa Muradian. The founder of Mia Muse, a women-centric sex and wellbeing portal, says if you're physically fit, you gain muscle stamina, cardio endurance and,

best of all, a "greater response to sexual stimuli". Amp up your aerobic capacity – the amount of oxygen travelling to your muscles – and the sex goddess within will put on a night-long performance.

### FIRE UP THAT SEX DRIVE

Better still, research shows that getting hot and bothered on the treadmill is intimately connected to our sex drive. A 1995 clinical study by sex psychologist Dr Cindy Meston found females experienced heightened sexual arousal in the first 15 minutes post-workout.

### GOOD VIBES

During a workout, the brain produces endorphins that stimulate the release of sex hormones. Running regularly ensures the muscles, nerves and blood vessels – like those in the clitoris and vaginal walls – have you hitting all the high notes. Finally, the motivation we've been looking for! 



# MY BODY'S AMAZING BECAUSE...

Life is short, stop worrying about how your body looks and start enjoying the good stuff. These Cosmo readers have

“My curves give me confidence – and work”

**Elia Johnson, 27, model and fitness instructor**

I grew up in Denmark and there weren't many other women there who had my shape – tall, with a round bum. People would always mention my height, or ask why I had a big bum. The comments used to bother me a little, but I didn't pay it much attention – I've always been confident.

I became even curvier when I was 20, and before long I landed a modelling contract in Denmark. I'd always loved being in front of the camera and wanted to do something creative, so it was a dream come true. In 2013, I saw that the UK ran a modelling competition, Ms Curvaceous UK, and I entered – I wanted to show I was proud of my curves. I beat 17 other finalists and was signed

to a plus-size modelling agency. I was so happy – it was such a great opportunity for me.

I want people to know how amazing it is that there are so many different body shapes and body types in the world. I think it's important to show that we're happy and proud of our bodies. I'm a size 14 – that's plus-size in an industry dominated by very slim women, but in the real world it's normal. I'm not overweight and I love my natural curves – I consider it part of my job to try to inspire other women.

You have to accept yourself for who you are and know that as long as you're happy, you're on the right path.





“My size is a strength, not a weakness”

**Maddy McMurray, 23, from London, is an office manager**

Growing up, I never felt completely comfortable with my size. I was the biggest of my friends, couldn't fit in nice clothes and never felt pretty – not once. In high school, the bigger I got, the less I liked myself. My mum's large like me, and she was never comfortable with herself, so I think that really affected how I felt about my size. I went through periods of not eating and just hating myself – I thought I was hideous because I couldn't make myself thin like everyone else.

The big change came two years ago when I started playing roller derby – a contact sport where teams of five skate around a track – with the London Rollergirls. When I bumped somebody off the track for the first time, something just clicked! I realised that, no matter what I do, my body is going to look the way it looks – I'm a big person. But I'm also strong and fit, and on the track my size makes me powerful.

The roller derby community is really supportive. Nobody tells you what to eat or how to look; size is a non-issue. As long as you can get on the track and skate, that's all that matters to them.

Skating in the roller derby has unlocked my body's power. I know I can train more or eat less if I want to be smaller, but I'm happy as I am. It's an amazing feeling to stand in front of the mirror and like what I see. The dark shadow of worry has lifted: it's my body, I'm confident in it, and that's a lovely way to feel.



Victoria Petkovic-Short, 25, works in public relations

“I'm stronger for having alopecia”

I first noticed a smooth patch on my scalp in February 2011. I wasn't too worried, but then I found a second patch, and a third. My GP referred me to a dermatologist, who then confirmed it was alopecia.

Although there is no cure for alopecia, doctors said that steroid injections might help, so I gave them a try. The pain was indescribable and my hair still kept falling out. So I stopped the injections and by November, all of the hair on my body was gone.

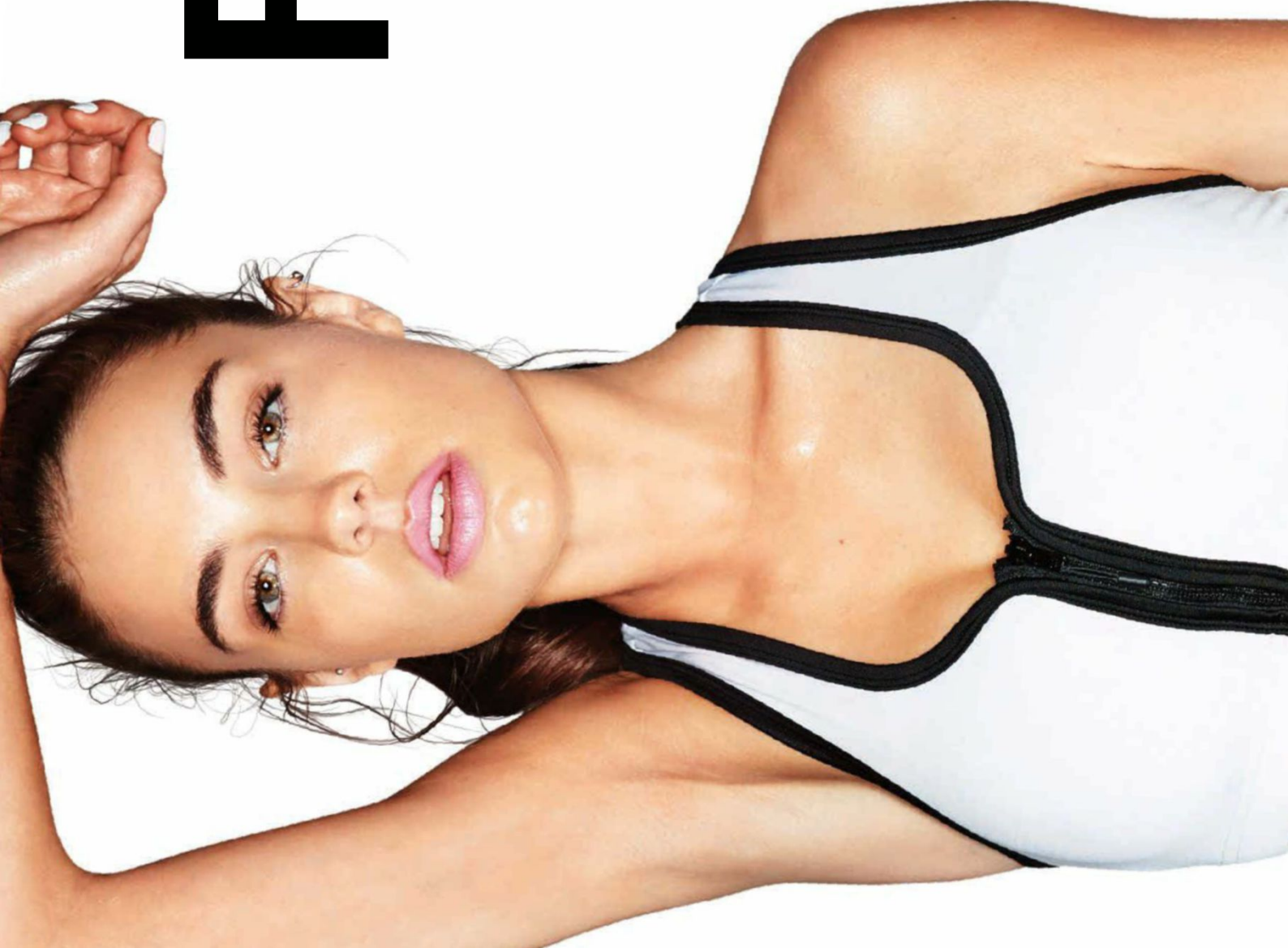
It was such a shock, I cried my heart out. I'd been in denial, thinking there was something I could do. I was angry with my body for letting me down, mad at the doctors for having no cure for it, and angry at myself, too. But I was determined it wouldn't beat me.

My first experiences of finding wigs and treatments were awful. One consultant sold me aloe vera juice for \$64\* a bottle that did nothing, and another sent me a custom-made wig four months late... and in the wrong size. That's why I started working with the southern branch of a wig consultancy firm in the UK, Aspire Hair, last year. They are fantastic – nobody should have to suffer such a roller coaster of false hope and then disappointment.

I've also starred in a nude calendar for Alopecia UK. The charity have done so much for me and it's great to give back. On bad days when my hair was falling out, I'd make myself think of one good thing about it. I love the flexibility of having a different hairstyle for every mood!

I'm stronger for being bald. It's taken me some time, but I know I can't change it, so I might as well make the best of it. Now I'm more confident than I've ever been. ■





# Firm in fifteen



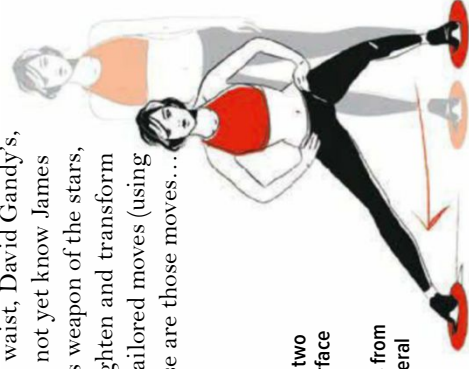
Celebrity trainer James Duigan has been getting the A-list in shape for over two decades. Here's the plan...

**Y**ou'll be familiar with his clients' tight, toned bodies: Lara Stone's legs, Mollie King's waist, David Gandy's, well... everything, but you may not yet know James Duigan's name. He is the secret fitness weapon of the stars, a man who knows how to resculpt, tighten and transform entire body shapes with his specially tailored moves (using just a towel and a slippery floor). These are those moves...

## Gliding lateral lunges

**TARGETS** *Bum and legs*

- 1** Stand with your feet hip-width apart on two folded towels (choose a slippery floor surface to allow the towels to glide easily).
- 2** Keeping your core tight and your knees from caving in, slide your right foot out to a lateral lunge, then return to the start. Repeat 15 times on each leg. Expect it to hurt.





## Gliding pikes

### TARGETS Abs

- 1 With your toes on towels and your core engaged, get into plank position. Place your hands directly under your shoulders.
- 2 Keeping your legs straight, move your feet closer to your hands by pushing your hips up. Slowly and with control, lower your hips back down into plank position.
- 3 Repeat seven times. You got this.



## Gliding knee tucks

### TARGETS Core and legs

- 1 Get into plank position with your toes on the towels, as above.
- 2 Bend your knees and bring them towards your chest, then slowly glide back to the starting position. Keep your core strong to max the workout.
- 3 Repeat 10 times. Hey, no one said this was going to be easy!



## Gliding mountain climbers

### TARGETS Shoulders and core

- 1 Get back into plank position with your toes on the towels, shoulders directly over your hands and your core engaged.
- 2 Glide your right knee towards your chest, and before you push it back, start gliding your left knee forwards. Alternate legs, and really work your abs to avoid swinging your hips side to side.
- 3 Repeat at a fast pace for 30 seconds all up.



## Gliding push-ups

### TARGETS Arms and core

- 1 In a push-up position, place your hands on the towels on the floor.
- 2 Glide your left arm forwards, bending your right elbow as you do so and hovering with face a few inches from the ground. Glide left arm back and straighten yourself back up into push-up position.
- 3 Repeat on other side. Do 10 gliding push-ups on each side.





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# WHICH TIME OF THE MONTH?

If you're sick of never quite knowing when your period is due or what it's going to be like, then read on. Dr Brett Daniels, gynaecologist and spokesperson for the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, is here to help you work out what's up with down there.

**Q. My periods used to be like clockwork but now they're all over the shop. What's with the sudden change?**

**A.** "A lot of women see changes in their periods at different stages of their life. The most common reason for a change in period regularity is if you've changed contraception or your activity and diet – losing or gaining weight can affect your period regularity.

If you change the sort of hormonal contraception you're on, you may experience some changes, or if you're on the Pill and become unwell or start taking other medication, that can alter your period, too.

If you've come off the Pill, you may be surprised to notice that your period is different to how it was before you were on the Pill. Women mistakenly think that it's because of the number of years they were on the Pill, but it's usually because you're older and your cycle would have changed, whether you were on the Pill or not."

**Q. I've been noticing blood in my undies between periods. I thought they were called our "monthly" for a reason. What's going on?**

**A.** "Spotting is most often seen in women who are on the Pill, and it often indicates that the Pill isn't the right dose for you.

Rumour has it that our periods come every 28 days. Psych! We grill the gyno on everything from irregularity to spotting



It might be that the hormone in the Pill you're taking is too low or too high, so have a chat with your doctor about this. It can also be a result of taking antibiotics or other medication while you're on the Pill.

Some women have a few months of spotting, then they return to a regular cycle. That is not usually a concern. Being unwell or stressed or eating a

different diet can affect the lining of the uterus.

While spotting is usually more of an inconvenience than a problem, it can be a sign of disease in the cervix, such as cervical cancer. So it's really important you have regular pap smears (every two years) and if you haven't had one yet, see your doctor immediately to have one done."

**Q. Why have my periods suddenly become heavy?**

**A.** "If a period goes for seven to 10 days and you are soaking through pads or tampons every two hours, that's what would be considered very heavy.

If you can't think of a good reason for it, such as you've missed the Pill or stopped your contraception, then see your gynaecologist. They should make sure your pap smears are up to date and you may need an ultrasound to ensure you don't have polyps in the uterus that can be (easily) removed. In other cases, it could also be hormonal and that can be treated using something like a Mirena IUD contraceptive device, which is placed in the uterus and lightens periods."

**Q. Over the past few months, my periods got lighter, then stopped completely. I'm not pregnant. What could it be?**

**A.** "If you're not pregnant, it might be a result of excessive exercise or under-eating. A lot of marathon runners and dancers, as well as women with eating disorders, stop getting their periods. If you are just exercising intensely in the lead-up to a one-off big event, your body can probably cope. But if you haven't had a period for six to 12 months, have it looked at.

Endometriosis, which causes adhesions on the uterus, ovaries, fallopian tubes and bowel, or polycystic ovarian syndrome, a condition causing an imbalance of sex hormones oestrogen and progesterone, could be at play. In rare cases, it may be early menopause. If you can't think of any other reason why your periods are slowing down or disappearing, talk to your doctor."



# DO TRY BUY

*See what made our shortlist this month*



1

## 1. Beach ready

Have what Alana Blanchard and Nikki van Dijk are having: Rip Curl Bombshell wetsuits. Visit [ripcurl.com.au](http://ripcurl.com.au). Aztec long sleeve spring \$179.99 (pictured on left); Marble sleeveless spring RRP: \$149.99 (pictured on right).

## 2. Healing powers

Bruise like a peach? Hirudoid is clinically proven to speed up the healing of bruises. Available in pharmacies and Priceline Pharmacy stores. Always read the label. Use only as directed. If symptoms persist see a healthcare professional. RRP \$13.95 (20g). Visit [hirudoid.com.au](http://hirudoid.com.au).

## 3. No scars

Reduce the appearance of nasty scars with Hiruscar skincare gel. The non-oily, fast-absorbing gel, with five active ingredients, gets to work immediately. Visit [hiruscar.com.au](http://hiruscar.com.au) for more. RRP \$22.95 (20g).

## 4. Hair goals

See what over 75 million people are talking about online with the Dafni Hair Straightener. Simply brush through your hair for straight and smooth hair within minutes! Available only at Shaver Shop in store and online, [shavershop.com.au](http://shavershop.com.au).

## 5. Heads up

Give your hair some TLC this summer with head & shoulders Damage Rescue Shampoo. With nine times more moisturisers\* to repair damage, dullness and scalp dryness, your strands will be left 100 per cent flake free\*\*. Available at all major supermarkets, pharmacies and grocery stores. RRP \$12.49 (350ml).

\* Vs non-conditioning shampoo \*\* Visible flakes only; with regular use

## 6. Movie night

Don't miss Chloë Grace Moretz kicking arse alongside Alex Roe in the new movie *The 5th Wave*, in cinemas January 14. For a trailer sneak peek, visit [5thwavemovie.com](http://5thwavemovie.com).

## 7. Treat yo' self

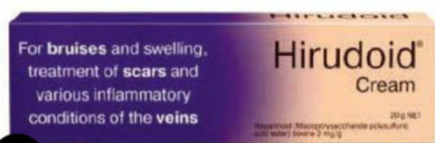
We've found the perfect treat for your next KUWTK binge-sesh, Tim Tam Chocolicious. The poppable, bite-size pieces of chocolatey goodness come in three scrumptious flavours: original, gooey caramel and dark chocolate. Available at all leading supermarkets.



6

## 8. Vit kit

Planning pregnancy? Elevit is specially formulated to provide essential nutrients to help support your baby's healthy development. Always read the label. Use only as directed.



2



3



5



4



7



# \$20 DINNER PARTY

What do the world's top chefs cook at home? We find out and dish up a recipe that won't punish your purse

OLIVE OIL \$3.99

GARLIC CLOVE \$1.20

TINNED TOMATOES 59 CENTS

DRIED CHILLI FLAKES \$2.36

FLAT-LEAF PARSLEY \$2.50

SPAGHETTI 65 CENTS

SALTED ANCHOVIES \$2.87

BLACK OLIVES \$2.17

CAPERS \$2.07

**\$18.40**  
ADD PARMESAN  
FOR \$1.70

## Angela Hartnett's SPAGHETTI PUTTANESCA



It's a brave woman who can work under Gordon Ramsay and emerge unscathed (and clean mouthed) – but, in her two decades in the business,

Angela Hartnett has risen from protégée to Michelin-starred patron of London's Murano and Café Murano. She gives you her take on spaghetti puttanesca (which literally means “whore's spaghetti” – just don't tell anyone that!)

## INGREDIENTS

- 2tbsp olive oil
- 2 garlic cloves, crushed
- 400g tinned tomatoes
- 6 salted anchovies
- 2 pinches dried chilli flakes
- 20 capers
- 350g dried spaghetti
- 10 black olives, chopped
- 2tbsp chopped flat-leaf parsley
- 50g parmesan, grated

## METHOD

Heat the olive oil in a pan. Add the garlic and sauté until soft but not brown. Tip in the tomatoes and cook for 10 mins on a low simmer. Add the anchovies, chillies and capers, and simmer for a further 5 mins. Bring a large pan of salted water to the boil. Add the spaghetti and cook according to the packet instructions, until al dente. Drain the pasta, put it back in the pan and toss with the tomato sauce, olives and flat-leaf parsley. Finish with freshly grated parmesan, if desired, and serve immediately. **Bellissimo! Rosie Mullender**



GUBINGE,  
LUCUMA AND...  
CRICKETS?

# MEET THE SUPERFOODS OF 2016

There's a new crew of superfoods coming your way  
— and they're tricky to get your tongue around!

It's hard to believe there was ever a time quinoa (pronounced keen-wa for those of you who have been living under a rock) wasn't part of our staple diets. Remember back when we had to search high and low on the shelves for this ancient grain, which promised to meet our protein goals, without added calories, and even slow down the ageing process — all in one tasty bite? Now, it's readily available from all supermarkets — it even comes in microwaveable cups!

But our beloved quinoa and its squad of superfood friends, kale, cacao and goji berries, are about to be kicked to the curb to make room for a new batch of hard-to-pronounce foods, promising an array of nutritious goodness in 2016.

## CRICKET PROTEIN POWDERS



**Yes, you read that right. Crickets.**

Protein derived from these rather creepy, crawly and even winged critters is now generating buzz among the health crowd as the go-to food for fuelling workouts, and staying lean. Although it may sound gross, turns out 80 per cent of the world deliberately eats insects regularly. Plus, crickets actually contain 2.2 times more iron than spinach — chew on that, Popeye. Cricket protein bars are already gaining popularity in the United States (there's even a peanut butter and jelly flavour) and it's expected to hit our shores very soon. Are you game to try some?

## BAOBAB



**(PRONOUNCED BEY-OH-BAB)**

The baobab tree grows in the barren regions of Africa where it's a valuable resource, and is known as the "tree of life". This fruit is sold as a powder, perfect for smoothies and juices or sprinkled on yoghurt. The powder comes directly from the pulp of the fallen fruit, which naturally dehydrates. With excellent nutritional and probiotic qualities as well as a sweet caramel, pear, sherbet-like taste, it is a must-have ingredient for raw cheesecakes, bliss balls and other healthy desserts.





The sap from the birch tree has been hailed a miracle liquid. Sipping on it is said to treat liver disease, flu, dandruff, headaches and eczema, flush out toxins, and reduce cellulite. It's kind of like a supercharged version of coconut water, equally refreshing but with a touch of syrupy sweetness. Sounds delish.



### (PRONOUNCED LU-CU-MA)

This superfruit, native to the Andean valleys of Peru, was known as the "gold of the Incas". It's rich in antioxidants and is said to be beneficial for supporting cardiovascular and skin health. The fruit is like the love child of an apricot and avocado and will tickle your tastebuds with its caramel flavour and silky texture. Add a few slices to your smoothie or for dessert add a scoop of yoghurt.



Food writer and co-founder of Warndu, Rebecca Sullivan, spills the beans on our native superfoods to watch out for



### ◀ GUBINGE

(pronounced gub-in) This tiny plum packs a punch of vitamin C and has five times more antioxidants than blueberries. Harvested in northern Australia from March to June, the local people use it for its antiseptic and nutritional benefits. It's best used in cooking and can be purchased in powder form. I add a teaspoon to my OJ.



### ◀ QUANDONG

(pronounced kwon-dong) Equal parts food/medicine, this fruit has twice the vitamin C of an orange and is also a great source of vitamin E, folate, magnesium and calcium. They grow in rural parts of South Australia and Victoria. You can buy them from a few places online frozen, dried and in powder form.



### ◀ FINGER LIME

Busting with delish caviar-sized pearls, the finger lime comes in wonderful shades of green, yellow, pink and red. Each lime has three times the vitamin C found in a mandarine and is high in vitamin E and potassium. It's a tart taste, so you only need a little. Use it instead of traditional lemons and limes to squeeze on seafood.



### ◀ WATTLESEED

My personal fave, this seed is tiny in size and found in the pods of the acacia tree. There are hundreds of varieties but the most commonly consumed is the acacia victoriae. High in fibre and protein, the seeds are mainly roasted, ground and used in baking or brewed for a caffeine-free coffee. **NOTE:** Not all acacia are edible.

## SACHA INCHI SEEDS



### (PRONOUNCED SA-CHA IN-CHI)

This Incan snack is grown in the highlands of the Peruvian rainforest and was used as a food source by the natives for thousands of years. The plant itself is inedible, so the true beauty of sacha inchi lies in the seed that lives within its star-shaped pods. These nut-like seeds are rich in omega-3 acids and proteins, which we normally find in fish. The tasty seeds are lightly roasted for a crunchy, nutty flavour, so you can munch on them by themselves, sprinkle them on your salad or add them to a trail mix.



This clear, somewhat sour juice derived from the aloe plant will supposedly keep skin issues at bay.

It's packed with vitamins B, C and E, as well as folic acid, which boosts the immune system and in turn makes your skin glow. No wonder Gwyneth Paltrow's a fan! It's available at major supermarkets and health food shops. **Shari Nementzik**



# LIFESTYLIST



## YOU'VE GOT MAIL

Fingers crossed, anyway! Even if your letterbox is on the empty side this Feb 14, send an awesome card to your bestie, soul mate or the local hot barista...





\$7, Hello Lucky from My Messy Room (mymessyroom.com.au)



\$4.99, Typo (typo.com)



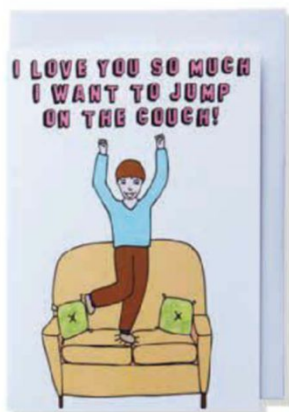
\$6.37\*, Emily McDowell Studio from Etsy (etsy.com/au)

# CUTE-AS-A-BUTTON CARDS

Facebook official or kinda ambiguous?  
There's a card for every relationship status



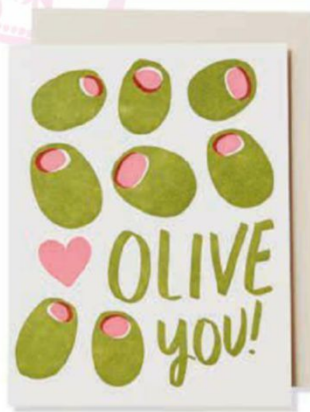
\$5.95, Blacklist (blackliststore.com.au)



\$5.45, Able and Game from Etsy (etsy.com/au)



\$6.37\*, Emily McDowell Studio from Etsy (etsy.com/au)



\$7.95, Hello Lucky from My Messy Room (mymessyroom.com.au)

## WHAT HIS HANDWRITING SAYS ABOUT HIM

### SIZE MATTERS

Larger letters can = big personality while smaller can = a shy guy.

### STANDING TALL

If his 'l', 't', 'h's are tall, he's super-aspirational and imaginative.

### SPACE

When his letters are spaced widely apart he enjoys his freedom, while tight letters reflect wanting to be close to people.

### SLANTED

A lean to the right indicates he's social while no slant means he's more logical.

### HE DOESN'T WRITE

He either hates V-Day or he's just not that into you. Time to move on!

## HOW TO WRITE A SECRET ADMIRER NOTE (and not sound like a stalker)

- Leave subtle hints that it's you, otherwise it's a waste of everyone's time.
- Steer well away from anything *really* mysterious – it's likely to come across as a bit creepy.
- Keep it short and sweet – this is no time to pen a novel.

## WHAT TO WRITE IN A VALENTINE'S DAY CARD IF YOU'VE BEEN DATING FOR:

### ♥ 1 MONTH:

Keep it light and funny. Try a cheesy pick-up line that's so bad it's good.

### ♥ 5 MONTHS:

You can amp up the love factor at this stage by including some personal touches (an inside joke).

### ♥ 1 YEAR:

Reference some favourite memories, and how you can't wait for the next adventure.

### ♥ 5 YEARS:

By this stage you've shared a few V-Days so it's time to go creative or super-sentimental. ♦♦





Serving bowl: \$12, Target (target.com.au)



Clock: \$37, General Eclectic from The Dusty Poppy (thedustypoppy.bigcartel.com)



Ryan Gosling colouring book: \$19.95, Opus (opusdesign.com.au)



Pick-up line coasters: \$20, Izola from Urban Cave (urbancave.com.au)



Bath mat: \$34.99, Typo (typo.com)



Notepad: \$4.95, MiGoals from Etsy (etsy.com/au)



Floor mat: \$14.95, Annabel Trends from Lark (larkstore.com.au)



Herb Seeds: \$39.95, Page Thirty Three (pagethirtythree.com)



Lunchbox: \$19.95, Happy Jackson from Urban Cave (urbancave.com.au)

# 40 UNDER \$40

Yep, you can get all these awesome 'wares for a pineapple or less!



Swan candle: \$14.99, Typo (typo.com)



Wine glass bottle: \$23.99, Big Mouth Toys from Yellow Octopus (yellowoctopus.com.au)



Emoji pillow: \$19.99, Yellow Octopus (yellowoctopus.com.au)



Plastic stool: \$12, Target (target.com.au)



Pineapple candle: \$20, Papier D'Amour (papierdamour.com.au)



Baby inflatable flamingo: \$40, Papier D'Amour (papierdamour.com.au)



Inflatable pool noodle: \$32, Third Drawer Down (thirddrawerdown.com)



Vase: \$19.99, IKEA (ikea.com/au)



Cushion: \$34.95, Mark Tuckey + Cotton On (cottonon.com.au)



Notebook: \$14.95, Blacklist (blackliststore.com.au)



Desktop basketball: \$24.99, Typo (typo.com)



Ice tray: \$19.95,  
Suck UK from  
Yellow Octopus  
(yellowoctopus.  
com.au)

iceicebaby

Pillowcase: \$25, Gary Taxali  
from Third Drawer Down  
(thirddrawerdown.com)



Beach fan: \$20, Papier  
D'Amour  
(papier  
damour.  
com.au)



Serving bowls: \$8 for 3, Target  
(target.com.au)



Tooth brush holder: \$29.95, Propaganda  
from Urban Cave  
(urbancave.com.au)



Cushion: \$25, Target  
(target.com.au)



Placemat: \$12.95, Mozi  
(mozi.com.au)



Napkin holder: \$16.95, Mozi  
(mozi.com.au)



Tumbler: \$3, Target  
(target.  
com.au)

Giant inflatable  
pretzel: \$29.95,  
Lark (larkstore.  
com.au)



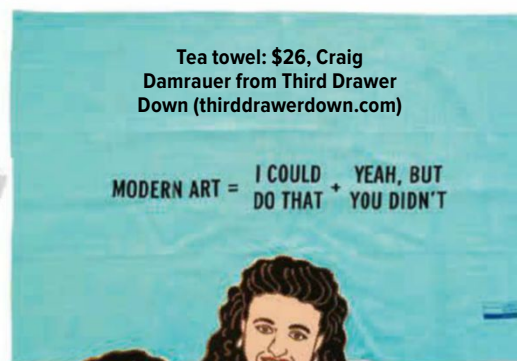
Marquee light: \$39.99,  
Typo (typo.com)

Colour-in cushion cover:  
\$34.95, Dear Diary  
Design from Hard to Find  
(hardtofind.com.au)



Tea towel: \$26, Craig  
Damrauer from Third Drawer  
Down (thirddrawerdown.com)

MODERN ART = I COULD + YEAH, BUT  
DO THAT + YOU DIDN'T



Seinfeld pins: \$19.95 each,  
Georgia Perry from Opus  
(opusdesign.com.au)



Happy pills: \$25,  
Short Story from  
Urban Cave  
(urbancave.com.au)



Shower turban: \$40, Louvelle  
(louvellewear.com)

Ink trivet: \$39,  
Zakkia from The  
Dusty Poppy  
(thedustypoppy.  
bigcartel.com)



Ring holder: \$39.95, Imm  
Living from Urban Cave  
(urbancave.com.au)



Garden spork: \$39.95,  
Page Thirty Three  
(pagethirtythree.com)





# HOROSCOPE

Have your stars got a month of love lined up for you?



20.02-20.03

Life is coming full circle now. Tie up all of your loose ends, since soon, you'll be too busy with the new to spend time on the old. The Sun moves into your sign on the 20th, and big things will happen. So it's time to bring on the magic, Pisces style.

**YOU NEED:**

To do away with all the clutter.

**PISCES GUY:**

He can be a little bit mysterious, but we know he loves sweet surprises, so why not wake him all the way up on a Sunday morning?



21.03-20.04

You're moving nonstop, just the way you like it! Friends have propped you up through it all, so return the favour. Invite everyone over to wind down and maybe plan a Galentine's escape. If you take a trip, seek out a truly deep connection with a super-sexy soul around the 26th.

**YOU NEED:**

To expand your horizons.

**ARIES GUY:**

If he wants to whisk you away on a last-minute adventure, join him... and pack very lightly!



21.04-21.05

Praise will come from a surprise source on the 6th, so practise your most modest smile. Let inspo lead you straight to victory after a chance meeting on the 14th, then celebrate with your peeps at the end of the month during a low-key but boozy game night. Yahtzee!

**YOU NEED:**

To think big.

**TAURUS GUY:**

He'll hit a few walls at work. Let him bounce some ideas off you, including ones that aren't office-friendly... you won't regret.



22.05-21.06

Progress, ahoy! Go venture out into a new place. The change of scenery will jump-start your brainstorming session on the 14th, setting you up for success. You'll be super-confident at the end of the month; make your mark near the 25th.

**YOU NEED:**

To be strategic about your next moves.

**GEMINI GUY:**

He has cabin fever. Wear him out with some outdoorsy action, then use up any leftover *kinketic* energy back at home. \*Wink\*



22.06-22.07

You're in for an intense month. Examine your love life on the 5th, and decide what is working and what isn't. Even you have to walk away from some things; better options await you. On the 13th, a passion project will get a boost when well-deserved praise heads your way!

**YOU NEED:**

To put yourself first more often.

**CANCER GUY:**

Everyone gets moody, including him. Cosy up, and let him talk it out if he needs to.



23.07-23.08

You can't spell love without L-E-O! Your heart will sing near the New Moon in Aquarius. Go all in, and explore new depths in your relationships. If you are open and honest, any uncertainties will clear up after the 17th. Use the end of the month to reflect on it all.

**YOU NEED:**

To say what you really mean.

**LEO GUY:**

Flowers? Candy? He's sweeping you right off your feet. After his next gift, ride that romantic boy into the sunset!



24.08-23.09

Want some butter for that roll you're on, Virgo? Expect praise for all your hard work around the 7th – not to mention some serious changes. When the Sun moves into Pisces on the 20th, your love life will also shift. You might want a newcomer to stick around...

**YOU NEED:**

To be clear about your wants and your needs.

**VIRGO GUY:**

He's working the same date angles hard. Use that to your advantage in the bedroom until his practice makes perfect!

PISCES

ARIES

TAURUS

GEMINI

CANCER

LEO

VIRGO



# OPES



Shakira is the essence of Aquarian creativity. February 2, 1977.



## AQUARIUS

21.01-19.02

**Stellar gifts:** A fiercely loyal friend, you always speak up for yourself and others.

**Blind spots:** Because you revel in your own creativity, you can be resistant to the ideas of others.

**Fashion faves:** Unique clothes with lively colours or prints.

**Indulgence:** Quality time with your girlfriends at a cosy locale or gallivanting on a far-off escape.

### Seduction style:

Your affectionate charm makes it easy for you to turn good friends into much more! Once you're comfortable with someone, you draw them in with your imagination, in and out of bed.

**Your month:** The New Moon in your sign will give you the boost you need to set old plans into motion. Seek out guidance from your inner circle and trustworthy acquaintances. Their honest input and your hard work will pave the way for fabulous news on the 26th.

**Your year:** Some areas of your life haven't shaped up the way you hoped, but stay the course. Lean fearlessly into change, whether that means repositioning yourself at work or being honest about the role you play in your personal relationships.

**You need:** To let your core values and priorities guide you.

## BEST MATCHES

**LEO:** As highly social people, you both love to entertain friends in public... and each other in private!

**GEMINI:** The intellectual spark you share keeps you up talking through your words... and hands.

### THE AQUARIUS GUY

**The Weekend**  
16.02.90

#### LOVES:

Go-getters who happily march to the beat of their own drums.

#### HATES:

Inconsiderate people who bail on plans at the last minute.

#### DREAM DATE:

An artsy show with audience participation.

#### WIN HIM OVER:

By embracing his spontaneity, living in the moment and staying true to yourself.



24.09-23.10

Spice up your life! Dress your nest on the 5th, and spruce up your love life after the 17th. A flirtation could get serious, so brace yourself. By the end of the month, you'll be ready to get physical at the gym and at home with him.

#### YOU NEED:

To let admirers approach you!

**LIBRA GUY:** Gah! Could he be any more charming? A night of dinner, dancing and romance will show just how much he wants you to come first.



24.10-22.11

Balancing me-time and team-time is a bit of a challenge this month, but your focus will be rewarded on the 13th when a big obstacle clears. The Sun moves into your zone of true love and fun on the 20th, so let your hair all the way down!

#### YOU NEED:

To be patient.

#### SCORPIO GUY:

He needs some shelter from a work storm. Give him space, but let him know that when he needs snuggle therapy, you'll be there with a blanket.



23.11-22.12

Fortune will strike on the 6th, setting you up for a series of wins. Figure out how to get away during the first half of February. You may meet someone in your field who can help open new doors. Close out the month with a dinner party for friends.

#### YOU NEED:

To stay on top of your schedule.

#### SAGITTARIUS GUY:

He's spread pretty thin right now. Suggest going for a walk where he can clear his mind and indulge in calming kisses.



23.12-20.01

Great news on the 3rd will show everyone you have the right stuff. Then on the 10th, a lucky break will leave you gobsmacked. Your work hustle won't slow down anytime soon, so just... keep... swimming!

#### YOU NEED:

To make a list of your must-do priorities.

#### CAPRICORN GUY:

Why not take advantage of his randy mood and find any excuse to cop a feel. Your enthusiasm will make his love cup runneth over.

LIBRA

SCORPIO

SAGITTARIUS

CAPRICORN



# CHRISTINA, WILL YOU MARRY ME?

## HEY, CHRISTINA – ARE YOU READING?

This proposal is the real deal. Your man, Steve, came to *Cosmo*, knowing he had to go all-out for his declaration of love. And how could we refuse? So... what do you say?

**\*Find out Christina's response  
on [Cosmopolitan.com.au](http://Cosmopolitan.com.au).**





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**WOMEN**  
of the **YEAR**





# MY BIKINI



MAYAN SUN COLLECTION - A PRODUCT OF THE SEARCH